

**Course:** B.Sc. Nursing**Semester:** 1**Course Outcome****After Learning the Course the students shall be able to:**

On completion of the course, the students will be able to

1. Identify the significance of Communicative English for healthcare professionals.
2. Apply the concepts and principles of English Language use in professional development such as pronunciation, vocabulary, grammar, paraphrasing, voice modulation, Spelling, pause and silence.
3. Demonstrate attentive listening in different hypothetical situations.
4. Converse effectively, appropriately and timely within the given context and the individual or team they are communicating with either face to face or by other means.
5. Read, interpret and comprehend content in text, flow sheet, framework, figures, tables, reports, anecdotes etc.
6. Analyse the situation and apply critical thinking strategies.
7. Enhance expressions through writing skills.
8. Apply LSRW (Listening, Speaking, Reading and Writing) Skill in combination to learn, teach, educate and share information, ideas and results.

Teaching and Examination Scheme

Teaching Scheme					Examination Scheme					Total
Lecture Hrs/Semes ter	Tutorial Hrs/Semes ter	Lab Hrs/Semes ter	Seminar Hrs/Week	Credit	Internal Marks			External Marks		
					T	CE	P	T	P	
40	-	-	-	2	25	25	-	-	-	50

SEE - Semester End Examination, **T** - Theory, **P** - Practical**Course Content****W** - Weightage (%) , **T** - Teaching hours

Sr.	Topics	W	T
1	Communication · What is Communication? · What are communication roles of listeners, speakers, readers and writers as healthcare professionals?	8	3
2	Introduction to LSRGW · L – Listening: Different types of listening · S – Speaking: Understanding Consonants, Vowels, Word and Sentence Stress, Innovation. · R – Reading: Medical vocabulary · Gr – Grammar: Understanding tenses, linkers · W – Writing simple sentences and short paragraphs – emphasis on correct grammar	12	5
3	Attentive Listening · Focusing on listening in different situations– announcements, descriptions, narratives, instructions, discussions, demonstrationsApplication and implications in nursing. · Reproducing Verbatim · Listening to academic talks/ lectures · Listening to presentation	12	5



4	Speaking – Effective Conversation · Conversation situations – informal, formal and neutral · Factors influencing way of speaking –setting, topic, social relationship, attitude and languageHeart valves, coronary arteries · Greetings, introductions, requesting, asking for and giving permission, speaking personally and casual conversations · Asking for information, giving instructions and directions. · Agreeing and disagreeing, giving opinions · Describing people, places, events and things, narrating, reporting & reaching conclusions · Evaluating and comparing · Complaints and suggestions · Telephone conversations · Delivering presentations	23	9
5	Reading · Reading strategies, reading notes and messages. · Reading relevant articles and news items · Vocabulary for everyday activities, abbreviations and medical vocabulary · Understanding visuals, graphs, figures and notes on instructions · Reading reports and interpreting them · Using idioms and phrases, spotting errors, vocabulary for presentations · Remedial Grammar	12	5
6	Writing Skills · Writing patient history · Note taking · Summarising · Anecdotal records · Letter writing · Diary/Journal writing · Report writing · Paper writing skills · Abstract writing	13	5
7	LSRW Skills · Critical thinking strategies for listening and reading · Oral reports, presentations · Writing instructions, letters and reports · Error analysis regarding LSRW	20	8
Total		100	40

Miscellaneous
Exam Requirement

80% Attendance is Mandatory in Theory



Course: B.Sc. Nursing

Semester: 1

Course Outcome

After Learning the Course the students shall be able to:

On completion of the course, the students will be able to

APPLIED ANATOMY

9. Describe anatomical terms.
10. Explain the general and microscopic structure of each system of the body.
11. Identify relative positions of the major body organs as well as their general anatomic locations.
12. Explore the effect of alterations in structure.
13. Apply knowledge of anatomic structures to analyse clinical situations and therapeutic applications.

APPLIED PHYSIOLOGY

1. Develop understanding of the normal functioning of various organ systems of the body.
2. Identify the relative contribution of each organ system towards maintenance of homeostasis.
3. Describe the effect of alterations in functions.
4. Apply knowledge of physiological basis to analyse clinical situations and therapeutic applications

Teaching and Examination Scheme

Teaching Scheme					Examination Scheme					Total
Lecture Hrs/Semester	Tutorial Hrs/Semester	Lab Hrs/Semester	Seminar Hrs/Week	Credit	Internal Marks			External Marks		
					T	CE	P	T	P	
120	-	-	-	6	25	-	-	75	-	100

SEE - Semester End Examination, **T** - Theory, **P** - Practical

Course Content

W - Weightage (%) , **T** - Teaching hours

Sr.	Topics	W	T
1	Introduction to anatomical terms and organization of the human body: · Introduction to anatomical terms relative to position –anterior, ventral, posterior dorsal, superior, inferior, median, lateral, proximal, distal, superficial, deep, prone, supine, palmar and plantar · Anatomical planes (axial/ transverse/ horizontal, sagittal/vertical plane and coronal/frontal/oblique plane) · Movements (flexion, extension, abduction, adduction, medial rotation, lateral rotation, inversion, eversion, supination, pronation, plantar flexion, dorsal flexion and circumduction · Cell structure, Cell division. · Tissue – definition, types, characteristics, classification, location · Membrane, glands – classification and structure · Identify major surface and bony landmarks in each body region, Organization of human body · Hyaline, fibro cartilage, elastic cartilage · Features of skeletal, smooth and cardiac muscle · Application and implication in nursing	7	8
2	The Respiratory system: · Structure of the organs of respiration · Muscles of respiration · Application and implication in nursing	6	6
3	The Digestive system · Structure of alimentary canal and accessory organs of digestion · Application and implications in nursing	5	6



4	The Circulatory and Lymphatic system · Structure of blood components, blood vessels – Arterial and Venous system · Position of heart relative to the associated structures · Chambers of heart, layers of heart · Heart valves, coronary arteries · Nerve and blood supply to heart · Lymphatic tissue · Veins used for IV injections · Application and implication in nursing	6	6
5	The Endocrine system · Structure of Hypothalamus, Pineal Gland, Pituitary gland, Thyroid, Parathyroid, Thymus, Pancreas and Adrenal glands.	3	4
6	The Sensory organs · Structure of skin, eye, ear, nose and tongue · Application and implications in nursing.	3	4
7	The Musculoskeletal system The Skeletal system: · Anatomical positions · Bones – types, structure, growth and ossification · Axial and appendicular skeleton · Joints – classification, major joints and structure · Application and implications in nursing. The Muscular system: · Types and structure of muscles · Muscle groups – muscles of the head, neck, thorax, abdomen, pelvis, upper limb and lower limbs · Principal muscles – deltoid, biceps, triceps, respiratory, abdominal, pelvic floor, pelvic floor muscles, gluteal muscles and vastus lateralis · Major muscles involved in nursing procedures	9	10
8	The Renal system · Structure of kidney, ureters, bladder, urethra · Application and implication in nursing	5	5
9	The Reproductive system · Structure of male reproductive organs · Structure of female reproductive organs · Structure of breast	4	5
10	The Nervous system · Review Structure of neurons · CNS, ANS and PNS (Central, autonomic and peripheral) · Structure of brain, spinal cord, cranial nerves, spinal nerves, peripheral nerves, functional areas of cerebral cortex · Ventricular system – formation, circulation, and drainage · Application and implication in nursing	5	6



11	APPLIED PHYSIOLOGY-General Physiology – Basic concepts · Cell physiology including transportation across cell membrane · Body fluid compartments, Distribution of total body fluid, intracellular and extracellular compartments, major electrolytes and maintenance of homeostasis · Cell cycle · Tissue – formation, repair · Membranes and glands – functions · Application and implication in nursing	3	4
12	Respiratory system · Functions of respiratory organs · Physiology of respiration · Pulmonary circulation – functional features · Pulmonary ventilation, exchange of gases · Carriage of oxygen and carbon-dioxide, Exchange of gases in tissue · Regulation of respiration · Hypoxia, cyanosis, dyspnoea, periodic breathing · Respiratory changes during exercise · Application and implication in nursing	5	6
13	Digestive system · Functions of the organs of digestive tract · Saliva – composition, regulation of secretion and functions of saliva · Composition and function of gastric juice, mechanism and regulation of gastric secretion · Composition of pancreatic juice, function, regulation of pancreatic secretion · Functions of liver, gall bladder and pancreas · Composition of bile and function · Secretion and function of small and large intestine · Movements of alimentary tract · Digestion in mouth, stomach, small intestine, large intestine, absorption of food · Application and implications in nursing	8	8
14	Circulatory and Lymphatic system · Functions of heart, conduction system, cardiac cycle, Stroke volume and cardiac output · Blood pressure and Pulse · Circulation – principles, factors influencing blood pressure, pulse · Coronary circulation, Pulmonary and systemic circulation · Heart rate – regulation of heart rate · Normal value and variations · Cardiovascular homeostasis in exercise and posture · Application and implication in nursing	5	6
15	Blood · Blood – Functions, Physical characteristics · Formation of blood cells · Erythropoiesis – Functions of RBC, RBC life cycle WBC – types, functions · Platelets – Function and production of platelets · Clotting mechanism of blood, clotting time, bleeding time, PTT · Haemostasis – role of vasoconstriction, platelet plug formation in haemostasis, coagulation · factors, intrinsic and extrinsic pathways of coagulation · Blood groups and types · Functions of reticuloendothelial system, immunity · Application in nursing	4	5



16	The Endocrine system · Functions and hormones of Pineal Gland, Pituitary gland, Thyroid, Parathyroid, Thymus, Pancreas and Adrenal glands · Other hormone · Alterations in disease · Application and implication in nursing	4	5
17	The Sensory Organs · Functions of skin · Vision, hearing, taste and smell · Errors of refraction, aging changes · Application and implications in nursing	3	4
18	Musculoskeletal system · Bones – Functions, movements of bones of axial and appendicular skeleton, Bone healing Joints and joint movements · Alteration of joint disease · Properties and Functions of skeletal muscles – mechanism of muscle contraction · Structure and properties of cardiac muscles and smooth muscles · Application and implication in nursing	5	6
19	Renal system · Functions of kidney in maintaining homeostasis. GFR · Functions of ureters, bladder and urethra · Micturition · Regulation of renal function · Application and implication in nursing	3	4
20	The Reproductive system · Female reproductive system – Menstrual cycle, function and hormones of ovary, oogenesis, fertilization, implantation, Functions of breast. · Male reproductive system – Spermatogenesis, hormones and its functions, semen. · Application and implication in providing nursing care.	3	4
21	Nervous system · Overview of nervous system · Review of types, structure and functions of neurons, Nerve impulse · Review functions of Brain-Medulla, Pons, Cerebrum, Cerebellum · Sensory and Motor Nervous system · Peripheral Nervous system · Autonomic Nervous system · Limbic system and higher mental Functions Hippocampus, Thalamus, Hypothalamus Vestibular apparatus · Functions of cranial nerves · Autonomic functions · Physiology of Pain-somatic, visceral and referred. Reflexes · CSF formation, composition, circulation of CSF, blood brain barrier and blood CSF barrier · Application and implication in nursing	7	8
Total		100	120

Miscellaneous

Exam Requirement

80% Attendance is Mandatory in Theory

**Course:** B.Sc. Nursing**Semester:** 1**Course Outcome****After Learning the Course the students shall be able to:****APPLIED SOCIOLOGY**

1. Identify the scope and significance of sociology in nursing.
2. Apply the knowledge of social structure and different culture in a society in identifying social needs of sick clients.
3. Identify the impact of culture on health and illness.
4. Develop understanding about types of family, marriage and its legislation.
5. Identify different types of caste, class, social change and its influence on health and health practices.
6. Develop understanding about social organization and disorganization and social problems in India.
7. Integrate the knowledge of clinical sociology and its uses in crisis intervention.

APPLIED PSYCHOLOGY

1. Identify the importance of psychology in individual and professional life.
2. Develop understanding of the biological and psychological basis of human behaviour.
3. Identify the role of nurse in promoting mental health and dealing with altered personality.
4. Perform the role of nurses applicable to the psychology of different age groups.
5. Identify the cognitive and affective needs of clients.
6. Integrate the principles of motivation and emotion in performing the role of nurse in caring for emotionally sick client.
7. Demonstrate basic understanding of psychological assessment and nurse's role.
8. Apply the knowledge of soft skills in workplace and society.
9. Apply the knowledge of self-empowerment in workplace, society and personal life.

Teaching and Examination Scheme

Teaching Scheme					Examination Scheme					Total
Lecture Hrs/Semes ter	Tutorial Hrs/Semes ter	Lab Hrs/Week	Seminar Hrs/Week	Credit	Internal Marks			External Marks		
					T	CE	P	T	P	
120	-	-	-	6	25	-	-	75	-	100

SEE - Semester End Examination, T - Theory, P - Practical

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1	Applied Sociology Introduction · Definition, nature and scope of sociology · Significance of sociology in nursing	1	1
2	Social structure · Basic concept of society, community, association and institution · Individual and society · Personal disorganization · Social group – meaning, characteristics, and classification. · Social processes – definition and forms, Cooperation, competition, conflict, accommodation, assimilation, isolation · Socialization – characteristics, process, agencies of socialization · Social change – nature, process, and role of nurse. Structure and characteristics of urban, rural and tribal community. · Major health problems in urban, rural and tribal communities · Importance of social structure in nursing profession	12	15



3	Culture · Nature, characteristic and evolution of culture · Diversity and uniformity of culture · Difference between culture and civilization · Culture and socialization · Transcultural society · Culture, Modernization and its impact on health and disease	7	8
4	Family and Marriage · Family – characteristics, basic need, types and functions of family · Marriage – forms of marriage, social custom relating to marriage and importance of marriage · Legislation on Indian marriage and family. · Influence of marriage and family on health and health practices	7	8
5	Social stratification · Introduction – Characteristics & forms of stratification · Function of stratification · Indian caste system – origin and characteristics · Positive and negative impact of caste in society. · Class system and status · Social mobility-meaning and types · Race – concept, criteria of racial classification · Influence of class, caste and race system on health.	7	8
6	Social organization and disorganization · Social organization – meaning, elements and types · Voluntary associations · Social system – definition, types, role and status as structural element of social system. · Interrelationship of institutions · Social control – meaning, aims and process of social control Social norms, moral and values · Social disorganization – definition, causes, Control and planning · Major social problems – poverty, housing, food supplies, illiteracy, prostitution, dowry, Child labour, child abuse, delinquency, crime, substance abuse, HIV/AIDS, COVID-19 · Vulnerable group – elderly, handicapped, minority and other marginal group. · Fundamental rights of individual, women and children · Role of nurse in reducing social problem and enhance coping · Social welfare programs in India	12	15
7	Clinical sociology · Introduction to clinical sociology · Sociological strategies for developing services for the abused · Use of clinical sociology in crisis intervention	4	5
8	APPLIED PSYCHOLOGY Introduction · Meaning of Psychology · Development of psychology – Scope, branches and methods of psychology · Relationship with other subjects · Significance of psychology in nursing · Applied psychology to solve everyday issues	2	2
9	Biological basis of behaviour –Introduction · Body mind relationship · Genetics and behaviour · Inheritance of behaviour · Brain and behaviour. · Psychology and sensation – sensory process – normal and abnormal	3	4



10	Mental health and mental hygiene · Concept of mental health and mental hygiene · Characteristic of mentally healthy person · Warning signs of poor mental health · Promotive and preventive mental health strategies and services · Défense mechanism and its implication · Frustration and conflict – types of conflicts and measurements to overcome · Role of nurse in reducing frustration and conflict and enhancing coping · Dealing with ego	4	5
11	Developmental psychology · Physical, psychosocial and cognitive development across life span – Prenatal through early childhood, middle to late childhood through adolescence, early and mid-adulthood, late adulthood, death and dying · Role of nurse in supporting normal growth and development across the life span · Psychological needs of various groups in health and sickness – Infancy, childhood, adolescence, adulthood and older adult · Introduction to child psychology and role of nurse in meeting the psychological needs of children · Psychology of vulnerable individuals – challenged, women, sick etc. · Role of nurse with vulnerable groups	6	7
12	Personality · Meaning, definition of personality · Classification of personality · Measurement and evaluation of personality – Introduction · Alteration in personality · Role of nurse in identification of individual personality and improvement in altered personality	3	4
13	Cognitive process · Attention – definition, types, determinants, duration, degree and alteration in attention · Perception – Meaning of Perception, principles, factor affecting perception, · Intelligence – Meaning of intelligence –Effect of heredity and environment in intelligence, classification, Introduction to measurement of intelligence tests – Mental deficiencies · Learning – Definition of learning, types of learning, Factors influencing learning – Learning process, Habit formation · Memory – meaning and nature of memory, factors influencing memory, methods to improve memory, forgetting · Thinking – types, level, reasoning and problem solving. · Aptitude – concept, types, individual differences and variability · Psychometric assessment of cognitive processes – Introduction - Alteration in cognitive processes	14	16
14	Motivation And Emotional Processes · Motivation – meaning, concept, types, theories of motivation, motivation cycle, biological and special Motives · Emotions – Meaning of emotions, development of emotions, alteration of emotion, emotions in sickness – handling emotions in self and other · Stress and adaptation – stress, stressor, cycle, effect, adaptation and coping · Attitudes – Meaning of attitudes, nature, factor affecting attitude, attitudinal change, Role of attitude in health and sickness · Psychometric assessment of emotions and attitude Introduction · Role of nurse in caring for emotionally sick client	5	6
15	Psychological Assessment And Test – Introduction · Types, development, characteristics, principles, uses, interpretation Role of nurse in psychological assessment	3	4



16	Application Of Soft Skill · Concept of soft skill · Types of soft skill – visual, aural and communication skill The way of communication · Building relationship with client and society Interpersonal Relationships (IPR): · Definition, Types, and Purposes, Interpersonal skills, Barriers, Strategies to overcome barriers · Survival strategies – managing time, coping stress, resilience, work – life balance · Applying soft skill to workplace and society – Presentation skills, social etiquette, telephone etiquette, motivational skills, teamwork · Use of soft skill in nursing	8	10
17	Self Empowerment · Dimensions of self empowerment · Self-empowerment development · Importance of women 's empowerment in society Professional etiquette and personal grooming Role of nurse in empowering others	2	2
Total		100	120

Miscellaneous

Exam Requirement

THEORY ATTENDANCE 80%



Course: B.Sc. Nursing

Semester: 1

Course Outcome

After Learning the Course the students shall be able to:

On completion of the course, the students will be able to

14. Develop understanding about the concept of health, illness and scope of nursing within health care services.
15. Apply values, code of ethics and professional conduct in professional life.
16. Apply the principles and methods of effective communication in establishing communication links with patients, families and other health team members.
17. Develop skill in recording and reporting.
18. Demonstrate competency in monitoring and documenting vital signs.
19. Describe the fundamental principles and techniques of infection control and biomedical waste management.
20. Identify and meet the comfort needs of the patients.
21. Perform admission, transfer, and discharge of a patient under supervision applying the knowledge.
22. Demonstrate understanding and application of knowledge in caring for patients with restricted mobility.
23. Perform first aid measures during emergencies.
24. Identify the educational needs of patients and demonstrate basic skills of patient education.

Teaching and Examination Scheme

Teaching Scheme					Examination Scheme					Total
Lecture Hrs/Semes ter	Tutorial Hrs/Semes ter	Lab Hrs/Semes ter	Seminar Hrs/Week	Credit	Internal Marks			External Marks		
					T	CE	P	T	P	
120	-	240	-	10	25	-	25	-	-	50

SEE - Semester End Examination, T - Theory, P - Practical

Course Content

W - Weightage (%) , T - Teaching hours

Sr.	Topics	W	T
1	Introduction to health and illness · Concept of Health – Definitions (WHO), Dimensions · Maslow's hierarchy of needs · Health – Illness continuum · Factors influencing health · Causes and risk factors for developing illnesses · Illness – Types, illness behavior · Impact of illness on patient and family	4	5
2	Health Care Delivery Systems – Introduction of Basic Concepts & Meanings · Levels of Illness Prevention – Primary (Health Promotion), Secondary and Tertiary · Levels of Care – Primary, Secondary and Tertiary · Types of health care agencies/ services –Hospitals, clinics, Hospice, rehabilitation centres, extended care facilities · Hospitals – Types, Organization and functions · Health care teams in hospitals – members and their role	4	5
3	History of Nursing and Nursing as a profession · History of Nursing, History of Nursing in India · Contributions of Florence Nightingale · Nursing – Definition – Nurse, Nursing, Concepts, philosophy, objectives, Characteristics, nature and Scope of Nursing/ Nursing practice, Functions of nurse, Qualities of a nurse, Categories of nursing personnel · Nursing as a profession – definition and characteristics/criteria of profession · Values – Introduction – meaning and importance	10	12



	· Code of ethics and professional conduct for nurses – Introduction		
4	Communication and Nurse Patient Relationship · Communication – Levels, Elements and Process, Types, Modes, Factors influencing communication Application and implications in nursing · Methods of effective communication/therapeutic communication techniques · Barriers to effective communication/nontherapeutic communication techniques · Professional communication · Helping Relationships (Nurse Patient Relationship) – Purposes and Phases · Communicating effectively with patient, families and team members · Maintaining effective human relations and communication with vulnerable groups(children, women, physically and mentally challenged and elderly)	6	8
5	Documentation and Reporting · Documentation – Purposes of Reports and Records · Confidentiality · Types of Client records/Common Recordkeeping forms · Methods/Systems of documentation/Recording · Guidelines for documentation · Do's and Don'ts of documentation/Legal guidelines for Documentation/Recording · Reporting – Change of shift reports, Transfer reports, Incident reports	3	4
6	Vital signs · Guidelines for taking vital signs · Body temperature – Definition, Physiology, Regulation, Factors affecting body temperature Assessment of body temperature – sites, equipment and technique Temperature alterations –Hyperthermia, Heat Cramps, Heat Exhaustion, Heatstroke, Hypothermia Fever/Pyrexia – Definition, Causes, Stages, Types · Nursing Management Hot and Cold applications · Pulse: Definition, Physiology and Regulation, Characteristics, Factors affecting pulse Assessment of pulse – sites, equipment and technique Alterations in pulse · Respiration: Definition, Physiology and Regulation, Mechanics of breathing, Characteristics, Factors affecting respiration Assessment of respirations – technique Arterial Oxygen saturation Alterations in respiration · Blood pressure: Definition, Physiology and Regulation, Characteristics, Factors affecting BP Assessment of BP – sites, equipment and technique, Common Errors in BP Assessment Alterations in Blood Pressure Documenting Vital Signs	12	15
7	Equipment and Linen · Types – Disposables and reusable Linen, rubber goods, glassware, metal, plastics, furniture · Introduction – Indent, maintenance, Inventory	2	3



8	Introduction to infection control in clinical setting infection · Nature of infection · Chain of infection · Types of infection · Stages of infection · Factors increasing susceptibility to infection · Body defenses against infection –Inflammatory response & Immune response · Health care associated infection (Nosocomial infection) · Introductory concept of Asepsis –Medical & Surgical asepsis · Precautions · Hand Hygiene (Hand washing and use of hand Rub) · Use of Personal Protective Equipment (PPE) · Standard precautions · Biomedical Waste management · Types of hospital waste, waste segregation and hazards – Introduction	8	10
9	Comfort, Rest, Sleep and Pain · Comfort · Factors Influencing Comfort - Types of beds including latest beds, purposes & bed making - Therapeutic positions - Comfort devices · Sleep and Rest - Physiology of sleep - Factors affecting sleep - Promoting Rest and sleep - Sleep Disorders · Pain (Discomfort) - Physiology - Common cause of pain - Types - Assessment – pain scales and narcotic scales · Pharmacological and Nonpharmacological pain-relieving measures – Use of narcotics, TENS devices, PCA - Invasive techniques of pain management - Any other newer measures - CAM (Complementary & Alternative healing Modalities)	12	15
10	Promoting Safety in Health Care Environment · Physical environment – Temperature, Humidity, Noise, Ventilation, Light, Odor, Pest control · Reduction of Physical hazards – fire, accidents · Fall Risk Assessment · Role of nurse in providing safe and clean environment · Safety devices – - Restraints – Types, Purposes, Indications, Legal Implications and Consent, Application of Restraints- Skill and Practice guidelines - Other Safety Devices – Side rails, Grab bars, Ambu alarms, non-skid slippers etc	4.	5
11	Hospital Admission and discharge · Admission to the hospital Unit and preparation of unit - Admission bed - Admission procedure - Medico-legal issues - Roles and Responsibilities of the nurse · Discharge from the hospital - Types – Planned discharge, LAMA and Abscond, Referrals and transfers - Discharge Planning - Discharge procedure - Medico-legal issues - Roles and Responsibilities of the nurse - Care of the unit after discharge	5	6



12	Mobility and Immobility · Elements of Normal Movement, Alignment & Posture, Joint Mobility, Balance, Coordinated Movement · Principles of body mechanics · Factors affecting Body Alignment and activity · Exercise – Types and benefits · Effects of Immobility · Maintenance of normal Body Alignment and Activity · Alteration in Body Alignment and mobility · Nursing interventions for impaired Body Alignment and Mobility – assessment, types, devices used, method - Range of motion exercises - Muscle strengthening exercises - Maintaining body alignment – positions - Moving - Lifting - Transferring - Walking · Assisting clients with ambulation · Care of patients with Immobility using Nursing process approach · Care of patients with casts and splints	7	8
13	Patient Education · Patient Teaching – Importance, Purposes, Process Integrating nursing process in patient teaching	3	4
14	First Aid · Definition, Basic Principles, Scope & Rules · First Aid Management - Wounds, Hemorrhage & Shock - Musculoskeletal Injuries – Fractures, · Dislocation, Muscle injuries - Transportation of Injured persons - Respiratory Emergencies & Basic CPR - Unconsciousness - Foreign Bodies – Skin, Eye, Ear, Nose, · Throat & Stomach - Burns & Scalds - Poisoning, Bites & Stings - Frostbite & Effects of Heat - Community Emergencies	17	20
Total		100	120

Miscellaneous

Exam Requirement

80% Attendance is Mandatory in Theory