

Course: Auxiliary Nurse and Midwives

1st year

Course Outcome

On completion of the course, the ANM/FHW will be able to:

1. Describe the concept of community health, primary health (-are.
2. Understand health policies, plans and programmes of the country,
3. Understand the concept of community.
4. Appreciate the role of the health team.
5. Demonstrate home visit techniques and practices in the community
6. Describe structure, function, characteristics and administrative set up of a community.
7. Identify leaders, resources persons, community-based organizations, NGOs, and local resources.
8. Identify community health needs and problems
9. Describe concepts and methods of communication for health information.
10. Describe the purposes, principles and methods of health counseling.

Teaching Scheme			Examination Scheme				
Community Health Nursing	Theory (Hrs/week)	Practical (Hrs/week)	Internal Marks		External Marks		Total
	120	50	T	P	T	P	
			25	100	75	100	300

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1	Concept of Health <ul style="list-style-type: none"> • Health and its changing concepts, Dimensions of health, Determinants of health • Primary health care, definition, components, significance. community, application. 	7%	10
2	Community Health practices <ul style="list-style-type: none"> • Health concepts of people and health care Providers. • Health behaviors ,beliefs and cultural practices of community. • Ethics and behavior related to community practices. • Method of home visiting. 	7%	10
3	Health problems and policies <ul style="list-style-type: none"> • Overview of health problems of communities in India. • Participate in national health and family welfare programs • Field Visits: Village, Sub center, Primary health center, Community health center. 	12%	15
4	Health Organization <ul style="list-style-type: none"> • Organization of SC, PHC, CMC and district hospital • Organization of health car delivery system at different levels • Referral system • Health agencies: <ul style="list-style-type: none"> • International: WHO, UNICEF, UNFPA, UNDP, World Bank, FAO, DANIDA, European Commission. Red Cross, US aid, UNESCO. Colombo Plan, ILO, CARE etc. 	7%	10



	<ul style="list-style-type: none"> National: India Red Cross, Indian Council for Child welfare, Family planning association of India etc, non-governmental organizations 		
5	<p>Role of health team.</p> <ul style="list-style-type: none"> Team concept and Functions of the health team Role and Responsibilities of ANM \ FHW Code of ethics for ANM 	7%	10
6	<p>Structure of community</p> <ul style="list-style-type: none"> Rural community- Characteristics, changes in the village community development, major rural problems Urban Community-Characteristics, changes and adjustments to urban environment, major urban problems Village: Physical structure, administrative set up Function of Panchayat 73rd and 74th Amendments to Constitution and role of Panchayat in health. Structure of an urban community slum Social groups organizations. leaders Community Resources 	7%	10
7	<p>Dynamics of community</p> <ul style="list-style-type: none"> Social processes-individual and process of socialization Interaction between different social groups in the village. Traditions and customs and their influence on health. Social stratification: Influence of Class. Caste and Race on health and health practices Family and marriage: Types Changes & legislations on family and marriage in India -marriage act 	15%	20
8	<p>Scope and Methods of community need assessment</p> <ul style="list-style-type: none"> Survey: Planning Preparation of tools: questionnaires, interview schedules, check list e.t.c. Community survey: Principles and methods: data collection, conducting interviews, focus group discussions group discussions (FGD) and case studies Participatory learning for action (PLA) Analysis of data, Preparation of report 	15%	20
9	<p>Communication methods & media</p> <ul style="list-style-type: none"> Principles, Methods and Process of communication. Inter personal relationship (IPR): communication with different groups and health team members. Types and use of AV aids Use of local folk methods and media for disseminating health messages. BCC (Behavioral change communication), IEC (Information, Education and communication): Aims, Scope, concept and approaches Teaching learning process, concept , characteristics, steps of learning, characteristics of learner Principles, methods of teaching Planning of health education activities: Role and responsibilities of ANM's/Health workers in BCC. 	15%	20



10	Counseling. <ul style="list-style-type: none">• Concept, Principles and Techniques of counseling.• Identifying needs and areas for counseling in the community.• Role of counselor Role of ANM/ Female Health worker as counselor	4%	5
11	Community based rehabilitation <ul style="list-style-type: none">• Health Conditions needing rehabilitation• Community Resources available Educate individuals, family and community.	4%	5
	Total	100%	135

Miscellaneous

80 % Attendance is mandatory in Theory



Course: Auxiliary Nurse & Midwife

Year: 1st

Course Outcome

On completion of the course, the ANM/FHW will be able to:

1. Explain concept of infection and causation of diseases.
2. Describe body defense mechanisms and development of immunity against diseases
3. Perform immunization effectively.
4. Describe different methods of disinfections and sterilization.
5. Describe common communicable diseases and their management.
6. Explain prevention of common communicable diseases and their control.
7. Describe care of the sick in community with common ailments and refer if required.
8. Explain recognition of conditions related to different body systems.
9. Describe and demonstrate routes of administration of drugs
10. List common drugs used for emergencies & minor ailments, their indications, dosage and actions

Teaching Scheme			Examination Scheme				
Health Promotion	Theory (Hrs./week)	Practical (Hrs./week)	Internal Marks		External Marks		Total
			T	P	T	P	
A. Nutrition	120	75	25	-	75	-	100
B. Human body and Hygiene							
C. Environmental Sanitation							
D. Mental Health							

Nutrition

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1	Essential nutrients <ul style="list-style-type: none"> • Importance of nutrition in health and sickness • Essential nutrients, functions, sources and requirements • Classification of foods and their nutritive value Normal requirements at different ages. Balanced diet for different age group. 	28%	10
2	Nutritional problems <ul style="list-style-type: none"> • Nutritional deficiencies: • Deficiencies, correction, treatment and referral – protein energy malnutrition • Vitamin and mineral deficiencies: Nutritional anemia in women • Under five nutrition The role of ANM's/ FHW/AWWs in supplementary food. • Special diets of individuals for different age group 	28%	10



3	Nutritional assessment <ul style="list-style-type: none"> • Methods of • Nutritional assessment of individual and family: mother and child • Identification of local food sources and their value in Enriching diet. Food fads, taboos, customs and their influence on health 	16%	5
4	Promotion of nutrition <ul style="list-style-type: none"> • Planning diets and special diets for a family • Methods of using locally available foods for special diet • Principles and methods of cooking • Promotion of kitchen gardens • Food hygiene and safe preparation • Storage and preservation • Food adulteration • Precautions during festivals and Melas. 	28%	10
Total		100%	35

Human body and hygiene

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1	The human body <ul style="list-style-type: none"> • Structure and functions of human body. • Body systems and their functions Digestive system, Respirator' system. Genito urinary system, • Cardiovascular system Nervous system, Muscular system, Endocrine system, Special sensory organs. 	66 %	20
2	Hygiene of the body <ul style="list-style-type: none"> • Personal and individual hygiene Care of mouth skin, hair and nails. Sexual hygiene Menstrual hygiene. Hygiene and comforts needs of the Sick: Care of skin: Bath Care of eyes: eye wash, Mouth care: Elimination Care of bowels and bladder 	17%	5
3	Optimal functioning of the body <ul style="list-style-type: none"> • Basic human needs Rest, sleep, activity, exercise, posture etc Food, eating and drinking habits • Participation in social activities. Self-actualization and spiritual need. • Interpersonal and human relations Lifestyle and healthy habits. 	17%	5
Total		100%	30

C. Environmental Sanitation

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
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1	Environmental Sanitation <ul style="list-style-type: none"> Environment and ecology for healthy living: basic sanitary needs. Air , sunlight and ventilation. Home environment smoke, animals, water, drains and toilets etc. 	25%	5
2	Safe water <ul style="list-style-type: none"> Sources of water & characteristics of safe water - sources of contamination and Prevention. Purification of water for drinking: Methods- small and large scale. Disinfections of well, tube well tank and pond in a village. Waterborne disease and prevention. 	25%	5
3	Disposal of excreta and waste. <ul style="list-style-type: none"> Methods of excreta disposal - types of latrines. Handling animal excreta. Methods of waste disposal Hazards due to waste. 	25%	5
4	Community Participation <ul style="list-style-type: none"> Drainage and preparation of soak pits. Maintaining healthy environment within and around village -cleaning and maintenance of village drains, ponds and wells. Common waste, excreta and animal waste - disposal in the village. 	25%	5
Total		100%	20

Mental Health

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1	Mental Health <ul style="list-style-type: none"> Concept of mental health Body-mind Relationship. Factors influencing mental health. Characteristics of a mentally healthy person. Developmental tasks of different age groups Different defense mechanisms 	33%	10
2	Maladjustment <ul style="list-style-type: none"> Features of a maladjusted individual. Common causes of maladjustment. Counselling an individual, family and community. 	10%	3
3	<ul style="list-style-type: none"> Mental illness Identify abnormal behaviours. Types of mental illnesses and treatments Early detection and referral of mentally ill Prevention of mental illness Home care and counselling.Refer psychiatric emergencies.Old age care Process of ageing - physical, psychological changes. Needs and problemsCare of elderly at home. 	40%	12



	<ul style="list-style-type: none">• Rehabilitation and agencies of caring elderly.		
4	Old age care <ul style="list-style-type: none">• Process of ageing - physical, psychological changes. Needs and problems• Care of elderly at home.• Rehabilitation and agencies of caring elderly.	17%	5
	Total	100%	30

Miscellaneous

80 % Attendance is mandatory in Theory



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2. Describe body defence mechanisms and development of immunity against diseases
3. Perform immunization effectively.
4. Describe different methods of disinfections and sterilization.
5. Describe common communicable diseases and their management.
6. Explain prevention of common communicable diseases and their control.
7. Describe care of the sick in community with common ailments and refer if required.
8. Explain recognition of conditions related to different body systems.
9. Describe and demonstrate routes of administration of drugs .
10. List common drugs used for emergencies and indications, dosage and actions minor ailments, their

Teaching Scheme			Examination Scheme				
Primary Health care	Theory (Hrs./week)	Practical (Hrs./week)	Internal Marks		External Marks		Total
			T	P	T	P	
A. Infection and Immunization	130	150	25	-	75	-	100
B. Communicable disease	25	20					
C. Community Health Problems	40	25					
D. Primary medical care	30	50					
E. First Aid and Referral	20	20					
	25	35					

A. Infection and Immunization

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1	Concept of disease. <ul style="list-style-type: none"> • Concept and definition of illness, • Disease causation, Classification of diseases. 	8%	2
2	Infection <ul style="list-style-type: none"> • Meaning and types of infection, Causes of infection • Classification and characteristics of microorganisms: Pathogenic and Nonpathogenic • Incubation period, and spread of infection, transmission, Factors affecting growth and destruction of microbes. 	16%	4
3	Immunity and body defense mechanisms <ul style="list-style-type: none"> • Body's defense mechanism • Immunity – concept Hypersensitivity: Antigen antibody reaction • Types of immunity ,Types of vaccines • Storage and care - cold chain maintenance 	24%	6



4	Immunization <ul style="list-style-type: none"> Immunization against different infections -immunization schedule Injection safety Methods of administering vaccine Sterilization of syringes and needles. Immunization in the community, Immunization Hazards Precautions while giving vaccines Special immunization drives and programme. Records and reports 	24%	6
5	Collection of specimens <ul style="list-style-type: none"> Principles and methods of collection of specimens and handling body discharges. Collection of specimens of blood, sputum, urine, stool Safe disposal of body discharges. 	8%	2
6	Disinfection and sterilization <ul style="list-style-type: none"> Principles and methods of antiseptis, disinfection and sterilization Methods of disinfecting different equipment's Methods of sterilizing different equipment's 	12%	3
7	Waste Disposal <ul style="list-style-type: none"> Waste disposals-infectious and non-infectious: concepts. Principles and methods at different levels 	8%	2
Total		100%	25

B Communicable Diseases

Course Content W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1	Introduction to Communicable diseases <ul style="list-style-type: none"> Common communicable diseases; Epidemiological concepts – Incidence and prevalence, mortality and morbidity. Levels of prevention Control and prevention of communicable diseases General measures Surveillance, isolation, notification. Reporting. 	18%	7
2	Communicable diseases. <ul style="list-style-type: none"> Signs, Symptoms, care and prevention of the following: Diphtheria, pertussis, tetanus, Poliomyelitis, measles and tuberculosis, Chicken pox ,mumps, Rubella, Enteric fever, Hepatitis, rabies, Malaria, dengue, Filaria, kala-Azar, Trachoma, Conjunctivitis, Scabies, STDs and HIV/AIDS Encephalitis, Leptospirosis Acute respiratory infections. Diarrheal diseases, Worm infestations leprosy. Role and responsibilities of health worker/ANM 	62%	25
3	Care in communicable diseases <ul style="list-style-type: none"> Care of patients with communicable diseases. Isolation methods. Standard safety measures (Universal Precaution) Health education and messages for different Communicable diseases. Role and responsibilities of health worker /ANM 	15%	6



4	Management <ul style="list-style-type: none"> • Definitions and causes of epidemics. • Epidemic enquiry in a community and epidemic mapping • Relief work and role of health worker/ANM. 	5%	2
	Total	100%	40

C. Community Health Problems

Course Content		W - Weightage (%), T - Teaching hours	
Sr.	Topics	W	T
1	<ul style="list-style-type: none"> • Care of the sick in the community • Common health conditions in the community -danger signs of illnesses. • Health assessment Taking history, Physical examination: Vital signs. Weight, Height: recognition of abnormalities, Identification of health problems • Management of the sick: home and community nursing procedures, care of the sick, referral • Health education: individual and family 	10%	3
2	Fever <ul style="list-style-type: none"> • Vital signs: • Temperature, pulse, respiration, blood, pressure, • Temperature maintenance and the physiology of fever • Fever: Types and ,stages, Causes of fever - common conditions causing fever, malaria, typhoid, Acute respiratory Infection (ARI) etc • Nursing management of patient with fever • Alternate system of medicine 	10%	3
3	Respiratory problems <ul style="list-style-type: none"> • Common respiratory problems: types, classifications- cold and cough, ARI, Asphyxia, tonsillitis, asthma, bronchitis pneumonia and tuberculosis • Causes, sign and symptoms, treatment of respiratory problems • Management: Role and responsibilities of ANM/health workers in care of respiratory problems including • Home care remedies. • Integrate accepted practices of AYUSH 	12%	4
4	Aches and pains <ul style="list-style-type: none"> • Causes and nursing management of :Tooth ache, ear ache, abdominal pain, headache, joint pains. • Management as per the standing orders and protocols • Role of ANM/health worker in the community including Home care remedies • Integrate accepted practices of AYUSH 	7%	2
5	Digestive problems <ul style="list-style-type: none"> • Indigestion. Anorexia, vomiting, distension and Constipation • Hemorrhoids. hernia, ulcers and intestinal obstruction • Role of ANM/health worker in the community including. • Home care remedies. 	10%	3



	<ul style="list-style-type: none"> Integrate accepted practices of AYUSH 		
6	Urinary problems <ul style="list-style-type: none"> Signs and symptoms of renal conditions Retention of urine, renal colic, edema Role of ANM/health worker in the community including Home care remedies. Integrate accepted practices of AYUSH 	10%	3
7	Cardiovascular problem <ul style="list-style-type: none"> Signs and symptoms of cardiac conditions and blood related problems: heart attack, chest pain, anemia, hypertension and leukemia Care of a cardiac patient at home Role of ANM/health worker in the community including Home care remedies. Integrate accepted practices of AYUSH 	10%	3
8	Diseases of the nervous system <ul style="list-style-type: none"> Signs and symptoms of neurological problems - Headache, backache and paralysis Care of a patient with stroke at home. Care of pressure points, back care changing of positions, active and passive exercises, body support to prevent contractures. Role of ANM/health worker in the community including Home care remedies. Integrate accepted practices of AYUSH 	7%	2
9	Metabolic diseases <ul style="list-style-type: none"> Diabetes - signs and symptoms, complications diet and medications Skin care, foot care Urine testing and administration of Insulin injection. Integrate accepted practices of AYUSH 	10%	3
10	Diseases of Musculo skeletal system <ul style="list-style-type: none"> Signs and symptoms of sprain tear of ligaments and arthritis. Integrate accepted practices of AYUSH 	7%	2
11	Care of handicap <ul style="list-style-type: none"> Handicaps – different types Counseling for prevention of certain handicaps Understandings the handicapped person. Helping family to ensure need based care. 	7%	2
	Total	100%	30

D. Primary Medical Care

B Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1	Types of drugs <ul style="list-style-type: none"> Different Systems of medicine: allopathic and AYUSH Classifications of drugs Forms and characteristics of drugs Abbreviations used in medication Administration of drugs: Policies and regulations, as per protocols and standing orders 	25%	5



	<ul style="list-style-type: none"> Calculation of dosage 		
2	Administration of drugs <ul style="list-style-type: none"> Routes of administration-Oral, parenteral (intradermal, intramuscular, subcutaneous, Intra venous), rectal, local and others. Administration of drugs: Precautions, principles Observations and recording. 	25%	5
3	Drugs used in minor ailments <ul style="list-style-type: none"> Common drugs for fever, cold and cough, aches and pains etc. Drug kit in the sub center. content and its use Storage and care of drugs 	25%	5
4	Common emergency drugs <ul style="list-style-type: none"> Methergine, misoprostol injection oxytocin, IV fluids, antibiotics, injection and magnesium sulphate diethyl line, avil and other antihistaminic, pelheclin, vitamin K, antirabies vaccine, anti snake venoms as per the protocol Precautions for administration Storage and Care of emergency drugs 	25%	5
Total		100%	20

E. First Aid and Referral

B Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1	Need for First Aid <ul style="list-style-type: none"> Principles of first aid Mobilization of resources First aid kit & supplies. Bandages: Types, Uses Principles and methods of bandaging 	8%	2
2	Minor Injuries and ailments <ul style="list-style-type: none"> Cuts and wounds: types, principles and first aid care Foreign bodies •Burns and scalds types, principles and first aid care Health education and referral Role of ANM/health worker. 	40%	10
3	Fractures <ul style="list-style-type: none"> Skeletal system and different bones. Fractures: Types. Causes, signs and symptoms, first aid care, Methods of immobilization and transportation. 	20%	5
4	Life Threatening Conditions <ul style="list-style-type: none"> Bleeding Drowning Strangulation, suffocation and asphyxia Loss of consciousness Cardio respiratory Arrest Convulsions Foreign bodies Chest injuries Shock and allergic conditions Poisoning, bites and sting 	32%	8



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University

Subject Syllabus
Primary Health Care

	• Stroke, Heat stroke, Severe burns		
	Total	100%	25

Miscellaneous

80 % Attendance is mandatory in Theory



Course: Auxiliary Nurse & Midwife

Year: 1st

Course Outcome

On completion of the course, the ANM/FHW will be able to:

1. Assess growth and development of a child at different ages.
2. Describe nutritional needs of different age groups of children.
3. Provide care to sick children during their common illness.
4. Describe school health programme
5. Describe 'Rights' of children
6. Educate mothers and family member as per need of their children.

Teaching Scheme			Examination scheme				Total
Child Health Nursing	Theory (Hrs/Weeks)	Practical (Hrs/Weeks)	Internal Marks		External Marks		
			T	P	T	P	
	75	110	25	100	75	100	300

Course Content

W - Weightage (%), T - Teaching

hours

Sr.	Topics	W	T
1	Growth & development <ul style="list-style-type: none"> • Introduction to Growth and development • Factors affecting growth and development • Growth and development in infants and children: Assessment • Physical, psychological and social development of children • Monitoring and recording of growth and development of infants and children • Care of infants and children - play, hygiene, emotional needs training for bowel and urination Accidents: causes, precautions and prevention. Congenital anomalies 	24%	20
2	Nutrition of infants and children <ul style="list-style-type: none"> • Exclusive Breast feeding • Nutritional requirements • Complementary feeding • Problems of feeding • Breast feeding Counselling Infant feeding and HIV • Baby friendly hospital initiative 	24%	20
3	Children's Rights <ul style="list-style-type: none"> • Convention of Rights of the Child Prevention of child labour • Abuse and legal protection • Special care of girl child Female infanticide 	6%	5
4	Care of the sick child Common childhood disorders: Signs, symptoms and management Vaccine for preventable diseases <ul style="list-style-type: none"> • Acute Respiratory tract infections • Diarrhea vomiting, constipation 	11%	10



	<ul style="list-style-type: none"> • Tonsillitis and mumps • Ear infections Worm infestation • Accidents and injuries Skin infections • Fever - malaria, measles. IMNCI strategy 		
5	Pare of School children <ul style="list-style-type: none"> • School health: Objectives, problems and programmes • Environment of school • Assessment of general health of school children • Denial and eye problems • Nutritional deficiencies • School health education for children • Need based sharing of health information with teachers/ parents/children • Records and reports 	18%	15
6	Care of adolescents <ul style="list-style-type: none"> • Physical growth during adolescence • Emotional and behavioral changes in girls and boys • Special needs of adolescents. • Sex education for adolescents Counselling 	6%	5
7	Care of adolescent girls <ul style="list-style-type: none"> • Menstruation and menstrual hygiene Special nutritional needs • Early marriage and its effects • Adolescent girls: pregnancy and abortion Preparing for family life- pre marital counseling. • Role of ANM/female health worker 	11%	10
	Total	100%	85

Miscellaneous

80 % Attendance is mandatory in Theory