



AMBEDKAR GROUP OF INSTITUTION

Patna, Bihar

Group of Nursing,
Paramedical, Pharmacy, Mgmt, ITI & Professional Institution

Health Education



Ambedkar Institute of Higher Education

Chhitnawa, Danapur, Patna-801503
Recognized by: Deptt. of Health, Govt. of Bihar,
Indian Nursing Council, Govt. of India - N. Delhi,
& Pharmacy Council of India - N. Delhi
Affiliated to: Aryabhata Knowledge University, Patna
Email: aihe@rediffmail.com | Web: www.aihe.in | Web: www.paramedicalbihar.in



आहे प्रोफेशनल इंस्टीच्यूट

R.K. Puram Road, Mathiyapur More, Danapur, Patna
Recog by: Deptt. of Health, Govt. of Bihar & Nursing Council
Affiliated to: Aryabhata Knowledge University, Patna
Email: profesninst.agi@gmail.com | Web: www.biharnursingcollege.in



SWAMI VIVEKANAND PROFESSIONAL INSTITUTE

Dehri-on-Sone, Rohtas, Bihar- 821307
Recognized by: Deptt. of Health, Govt. of Bihar
& Pharmacy Council of India, N. Delhi
Affiliated to: Aryabhata Knowledge University, Patna



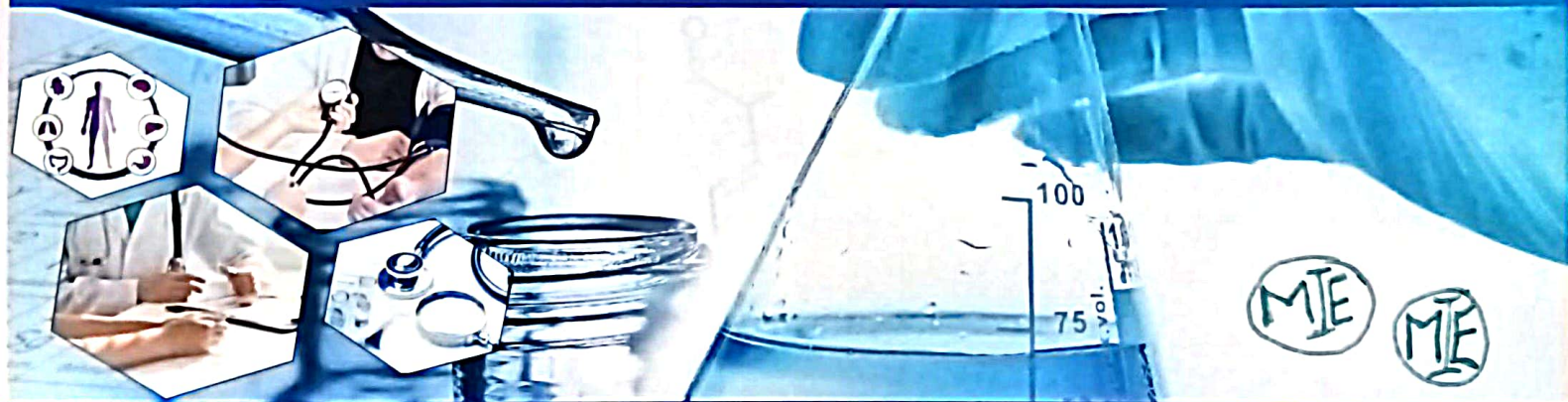
Ambedkar College of Education

Managed by: Social Welfare Organisation of India
Dehri-on-Sone, Rohtas, Bihar- 821307
Recognized by: Deptt. of Health, Govt. of Bihar,
Nursing Council &
Pharmacy Council of India - N. Delhi
Affiliated to: Aryabhata Knowledge University, Patna
Email: ambnurnst@gmail.com | Web: www.biharnursingcollege.in



ममता इंस्टीच्यूट ऑफ एजुकेशन

Daraundha, Siwan, Bihar- 841233
Recognized by: Deptt. of Health, Govt. of Bihar,
Nursing Council &
Pharmacy Council of India - N. Delhi
Affiliated to: Aryabhata Knowledge University, Patna
Email: mamtanursinst123@gmail.com | Web: www.mnlnursing.com



SYLLABUS ANM 1st YEAR



Admin Office -
GOLA ROAD MORE,

BAILEY ROAD, PATNA-801503 (Bihar)

Email: aiheservice@gmail.com

Web: www.aihe.in / paramedicalbihar.in

Nursing/Para/Pharmacy Mob:-9386806864, 9386806865, 9334687761 H.O:- 9386806860/67/62, 8102916973

Mob:- 8102916973

Pharmacy Department

Email: mpharmacyncollege2019@gmail.com

List of Books for ANM 1st Year

S. No.	Subject	Author	Price
1.	Primary Health Care	G. Pd. Sharma	350
2.	Primary Health Promotion	Swarnkar	360
3.	Community Health Nursing	G. Pd. Sharma	250
4.	Child Health Nursing	Pawan Sharma	250
5.	ANM Guide	Minakshi Mesi Shiv Bachhan	

Syllabus and Regulations

Auxiliary Nurse and Midwives

Course of Study

First Year

Sr. No.	Nursing Courses Course title and description	Class room hours			Experience		
		Theory	Demonstration	Total	Hospital	Community	Total
I	Community Health Nursing	120	50	170	10	100	110
	Health Promotion	120	75	195	20	180	200
	A. Nutrition	35	30	65			
	B. Human body and Hygiene	35	20	55			
	C. Environmental Sanitation	20	15	35			
	D. Mental health	30	10	40			
III	Primary health care nursing I-	130	150	280	90	300	390
	A. Infection and Immunization	25	20	45			
	B. Communicable disease	40	25	65			
	C. Community Health Problems	30	50	80			
	D. Primary Medical care	20	20	40			
	E. First Aid and Referral	25	35	60			

IV	Child health nursing	75	110	185	80	100	180
	Total hours	450	385	835	200	680	880
	Total= 1720hours						

Scheme of Examination:

Theory and practical examinations at the end of the first year

Paper	Course	External Assessment	Internal Assessment	Duration
Theory Paper-I	Community Health Nursing	75	25	3 hrs.
Theory Paper-II	Health Promotion	75	25	3 hrs.
Theory Paper-III	Primary Health Care Nursing	75	25	3 hrs.
Theory Paper-IV	Child Health Nursing	75	25	3 hrs.
Practical I	Community Health Nursing and Health promotion	100	100	-
Practical II	Child Health Nursing	100	100	-
	Total	500	300	-

An examiner should be a BSc nursing teacher with minimum of 5 years of teaching experience in ANM programme

or

M.Sc (N) with 3 years of teaching experience in ANM programme Internal assessment will be made on the basis of classroom tests, written assignments, performance in the community and clinical area along with records and reports maintained by the students.

Pass mark for each nursing subject on aggregate will be 50%

A candidate has to pass in theory and practical exam separately in each of the paper.

Average internal marks of the total students shall not be more than 75% i.e, if 40 students are admitted in a course the average score of the 40 students shall not exceed 75% of total internal marks.

Maximum number of attempts permitted for each paper is 3 including first attempt

Maximum duration of completion of the course is 4 years

A candidate failing in more than one subject will not be promoted to the next year.

No candidate shall be permitted to appear in the second year examination unless the candidate has passed the first year examination.

Eligibility for Admission to Examination

1. A candidate must have minimum of 80% attendance (irrespective of the kind of absence) in theory and practical in each subject for appearing for examination.
2. A candidate must have 100% attendance in each of the practical areas before the award of completion certificate/diploma by the state nursing council examination board.

3. On completion of practical experience, records to be signed by the tutor and countersigned by the principal.
4. The examination for the 2nd year should happen at the end of the year. A certificate of completion of internship by each student should be provided by the principal before entering for the examinations.

Grading and Certification

Distinction shall be in aggregate	= 75%
First division	= 70% & above
Second division	= 60% - 69%
Third division	= 50% - 59%

Certificate will be issued on successful completion of training requirement. The principal of the ANM School should certify for each student that she has undergone successfully the internship program, 100% clinical requirements and acquired the requisite competencies as listed in the syllabus before the award of the certificate/diploma by the state nursing councils/examination boards. Qualified ANMs have to be registered by the State Nursing Councils under the provision of the State Nursing Councils and Indian Nursing Council Act as ANMs, before joining services as a qualified Female Health worker and to practice as ANM.

COMMUNITY HEALTH NURSING

THEORY- 10 Hrs.

Demonstration- 50 hrs.

On completion of the course the student 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 acommunity.
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.

Unit	Content	Allotted hours
I	Concept of Health <ul style="list-style-type: none">• Health and its Changing concepts. Dimensions ofhealth Determinants of health <ul style="list-style-type: none">• Primary health care, definition,	10

II	Community Healthpractices <ul style="list-style-type: none"> • Health concepts of people and health care Providers. • Health behaviors, beliefs and cultural practices of Community. 	10
III	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 	15
IV	Health Organization <ul style="list-style-type: none"> • Organization of SC,PHC, CMC and District hospital. • Organization of health care delivery system at different levels • Referral system 	10
V	Role of health team. <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 	5
VI	Structure of community <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 	10
VII	Dynamics of community <ul style="list-style-type: none"> • Social processes- individual and process of 	10

	<p>socialization</p> <ul style="list-style-type: none"> • Interaction between different social groups in the village. • Traditions and customs and their influence on health. 	
VIII	<ul style="list-style-type: none"> • Scope and Methods of community need assessment • Survey: Planning Preparation of tools: questionnaires, interview schedules, check list etc 	20
IX	<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. 	20
X	<p>Counseling.</p> <ul style="list-style-type: none"> • Concept, Principles and Techniques of counseling. • Identifying needs and areas for counseling in the community. 	5
XI	<p>Community based rehabilitation</p> <ul style="list-style-type: none"> • Health Conditions needing rehabilitation • Community Resources available 	5

HEALTH PROMOTION

Theory- 120 Hrs.

Demonstration- 75 Hrs.

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

1. Explain importance of nutrition in health and sickness.
2. Promote nutrition of a individual, family and community
3. Explain principles of hygiene and its effect on health.
4. Describe hygiene for self and individuals.
5. Describe importance of environmental sanitation and waste management.
6. Promote mental health of individual, family and community

A. Nutrition

Theory - 35 hrs.

Demonstration - 30 hrs.

Total - 65 hrs.

Unit	Content	Allotted Hrs.
I	Essential nutrients <ul style="list-style-type: none">• Importance of nutrition in health and sickness• Essential nutrients, functions, sources and requirements	10

II	<p>Nutritional problems Nutritional deficiencies:</p> <ul style="list-style-type: none"> • Deficiencies, correction, treatment and referral - protein energy malnutrition • Vitamin and mineral 	10
III	<p>Nutritional assessment</p> <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. 	5
IV	<p>Promotion of nutrition</p> <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 	10

B. Human Body And Hygiene

THEORY- 35 HRS.

DEMONSTRATION- 20 HRS.

Unit	Content	Allotted hrs.
I	The human body <ul style="list-style-type: none"> • Structure and functions of human Body. • Body systems and their functions digestive system Respirator' system. 	20
II	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 sponging, back care, care of pressure points, 	15
III	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 	5

C. Environmental Sanitation

Theory- 20 Hrs.

Demonstration- 15 Hrs.

Unit	Content	Allotted Hrs.
I	Environmental Sanitation <ul style="list-style-type: none">• Environment and ecology for healthy living: basic sanitary needs.• Air, sunlight and ventilation.	5
II	Safe water <ul style="list-style-type: none">• Sources of water & characteristics of safe water - sources of contamination and Prevention.	5
III	Disposal of excreta And waste. <ul style="list-style-type: none">• Methods of excretadisposal - types of latrine.• Handling animalexcreta.	5
IV	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	5

D. Mental Health

Theory- 30 Hrs.
Demonstration- 10 Hrs.

Unit	Content	Allotted Hrs.
I	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	10
II	Maladjustment <ul style="list-style-type: none">• Features of a maladjusted Individual.	3
III	Mental illness <ul style="list-style-type: none">• Identify abnormal behaviours.• Types of mental illnesses and Treatments.	12
IV	Old age care <ul style="list-style-type: none">• Process of ageing -physical, psychological changes.• Needs and problems• Care of elderly at home.	5

PRIMARY HEALTH CARE

(Prevention of disease and restoration of health)

Theory- 130 hours

Demonstration- 150 hours

Learning objectives:

On completion of the course student 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 and minor ailments, their indications, dosage and actions

A. Infection and Immunization

Theory- 25 hours
Demonstration- 20 hours

Unit	Content	Allotted Hours
I	Concept of disease. <ul style="list-style-type: none">• Concept and definition of illness• Disease causation	2
II	Infection <ul style="list-style-type: none">• Meaning and types of infection.• Causes of infection• Classification and characteristics of micro organisms: Pathogenic and Non-pathogenic	4
III	Immunity and body defense mechanisms <ul style="list-style-type: none">• Body's defense mechanism• Immunity - concept • Hypersensitivity: Antigen antibody reaction	6
IV	Immunization <ul style="list-style-type: none">• Immunization against different infections - immunization schedule• Injection safety• Methods of administering vaccine• Sterilization of syringes and needles.	6

V	<p>Collection of specimen</p> <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 	2
VI	<p>Disinfection and sterilization</p> <ul style="list-style-type: none"> • Principles and methods of antiseptis, disinfection and sterilization • Methods of disinfecting different equipments 	3
VII	<p>Waste Disposal</p> <ul style="list-style-type: none"> • Waste disposals- infectious and non-infectious: concepts. 	2

B. Communicable Diseases

Theory- 40 Hours
Demonstration- 25 Hours

Unit	Content	Allotted Hours
I	Introduction to communicable diseases <ul style="list-style-type: none">• Common communicable diseases; Epidemiological concepts - Incidence and prevalence, mortality and morbidity.	7
II	Communicable diseases. <ul style="list-style-type: none">• Signs, Symptoms, care and prevention of the following:<ul style="list-style-type: none">- Diphtheria, pertussis, tetanus, poliomyelitis, measles and tuberculosis- Chicken pox,	25
III	Care in communicable diseases <ul style="list-style-type: none">• Care of patients with communicable diseases.• Isolation methods.• Standard safety measures (Universal precautions)	6
IV	<ul style="list-style-type: none">• Definitions and causes of epidemics.• Epidemic enquiry in a community and epidemic mapping	

C. Community Health Problems

Theory- 30 hours
 Demonstration- 50 hours

Unit	Content	Allotted Hours
I	Care of the sick in the community <ul style="list-style-type: none"> • Common health conditions in the community -danger signs of illnesses. • Health assessment: Taking history, Physical examination: Vital signs. Weight, Height: recognition of 	3
II	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 	3
III	Respiratory problems <ul style="list-style-type: none"> • Common respiratory problems: types, classifications- cold and cough, ARI, Asphyxia, tonsillitis, asthma, bronchitis pneumonia and tuberculosis 	4
IV	Aches and pains <ul style="list-style-type: none"> • Causes and nursing management of : Tooth ache, ear ache, abdominal pain, headache, joint pains. 	2

V	Digestive problems <ul style="list-style-type: none"> • Indigestion, anorexia, vomiting, distension and Constipation • Hemorrhoids, hernia, ulcers and intestinal obstruction 	3
VI	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 	3
VII	Cardiovascular problem <ul style="list-style-type: none"> • Signs and symptoms of cardiac conditions and blood related problems: heart attack, chest pain, anemia, • hypertension 	3
VIII	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 	2
IX	Metabolic diseases <ul style="list-style-type: none"> • Diabetes - signs and symptoms, complications diet and medications • Skin care, foot care 	3
X	Diseases of musculoskeletal system <ul style="list-style-type: none"> • Signs and symptoms of sprain, tear of ligaments and arthritis. 	4

d. Primary Medical Care

Theory- 20 hours
 Demonstration- 20 hours

Unit	Content	Allotted Hours
I	AYUSH <ul style="list-style-type: none"> • Classifications of drugs • Forms and characteristics of drugs • Abbreviations used in medication 	5
II	Administration of drugs <ul style="list-style-type: none"> • Routes of administration -Oral, parenteral (intradermal, intramuscular, subcutaneous, Intravenous), rectal, local and others. 	5
III	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 subcentre. content and its use 	5
IV	Common emergency drugs Methergine, misoprostol injection oxytocin, IV fluids, antibiotics, injection and magnesium sulphate, d-riphylline, avil and other antihistaminic, pelhecline, vitamin K, anti-rabies vaccine, anti snake venoms as per the protocol	5

E. First Aid and Referral

Theory- 25 hours
 Demonstration- 35 hours

Unit	Content	Allotted Hours
I	Need for First Aid <ul style="list-style-type: none"> • Principles of first aid • Mobilization of resources • First aid kit & supplies. • Bandages: Types, Uses 	2
II	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 	10
III	Fractures <ul style="list-style-type: none"> • Skeletal system and different Bones. • Fractures: Types, Causes, signs and symptoms, first aid care, 	5
IV	Life Threatening Conditions <ul style="list-style-type: none"> • Bleeding • Drowning • Strangulation, suffocation and asphyxia • Loss of 	8

CHILD HEALTH NURSING

THEORY- 75 HOURS
DEMONSTRATION- 110 HOURS

On completion of the course the student 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.

Unit	Content	Allotted Hours
I	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, 	20
II	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 	20

III	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 	5
IV	Care of the sickchild <ul style="list-style-type: none"> • Common childhood disorders: • Signs, symptoms and management. • Vaccine for preventable diseases • Acute Respiratory tract infections • Diarrhoea vomiting constipation 	10
V	Care of Schoolchildren <ul style="list-style-type: none"> • School health: Objectives, problems and programmes • Environment of school • Assessment of general health of school children 	15
VI	Care of adolescents <ul style="list-style-type: none"> • Physical growth during adolescence • Emotional and behavioural changes in girls and boys 	5
VII	Care of adolescent girls <ul style="list-style-type: none"> • Menstruation and menstrual hygiene • Special nutritional needs • Early marriage and its affects 	10