



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,
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Affiliated to: Aryabhata Knowledge University, Patna



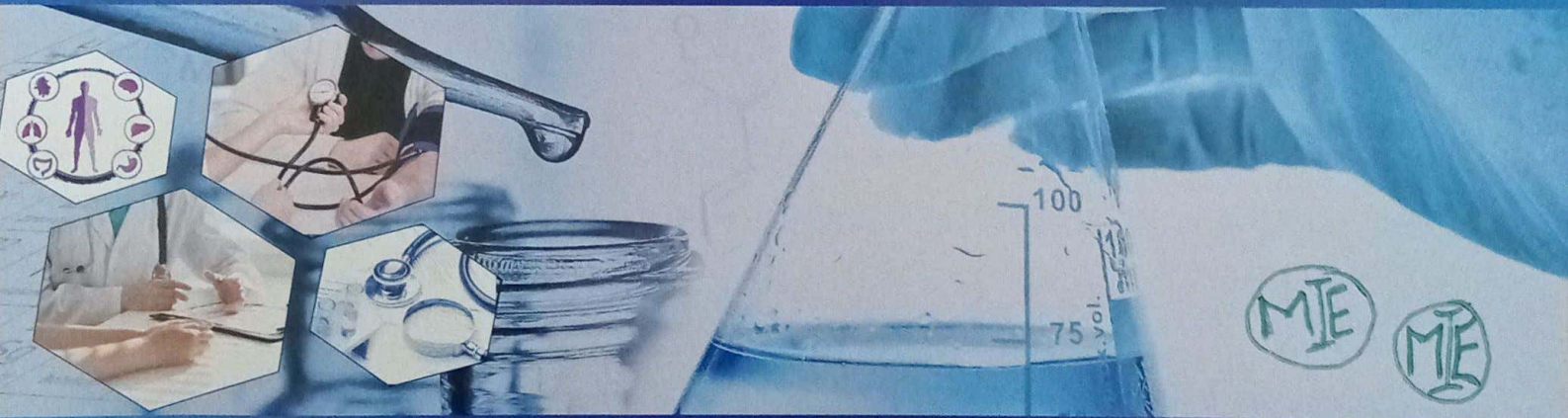
Ambedkar College of Education

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ममता इंस्टीच्यूट ऑफ एजुकेशन

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SYLLABUS

GNM

1st YEAR

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GNM 1st Year Syllabus

I. BIOLOGICAL SCIENCES

[I] ANATOMY AND PHYSIOLOGY

Hrs: 90

COURSE DESCRIPTION:

This course is designed to help the students gain knowledge of the structure and the function of the human body and recognise any deviation from the normal health in order to render effective nursing services

GENERAL OBJECTIVES

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

- Describe in general the structure and the function of human body
- Describe in detail the structure and function of different organs and systems in the human body
- Apply the anatomical and physiological principles in the practice of Nursing

COURSE CONTENT

UNIT-1 Introduction to anatomical terms

UNIT-II Organization of body cells tissues .organs. Systems membranes and Glands

UNIT-III Skeletal system

- Bones: types, structures ,functions
- Axial skeleton
- Appendicular skeleton
- Joints :classification, structure and function

UNIT -IV Muscular system

- Types ,structure and functions
- Position and action of chief muscles of body

UNIT-V Cardio-vascular system

- Blood :composition, clotting and blood group , cross matching blood products and their use
- Heart: position, structure, conduction system, function and cardiac cycle.
- Blood vessels : structural differences and position of chief vessels
- Circulation of blood : systemic , pulmonary and portal circulation
- Blood pressure and pulse
- Lymphatic system : lymph vessels , glands , ducts and lymph Circulation, lymph tissues in the body, spleen

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UNIT-VI Respiratory system

- Structure and functions of respiratory organs
- Physiology of respiration
- Characteristics of normal respiration and its deviations

— DO. Santosh

UNIT-VII Digestive system

- Structure and functions of organs of digestion and accessory organs
- Process of digestion and absorption.
- Metabolism :meaning and metabolism of food constituents

— DO. Santosh

UNIT-VIII Excretory system

- Structure and functions of organs of urinary system
- Structure and functions of skin
- Regulation of body temperature
- Fluid and electrolyte balance

— DO. Santosh

UNIT-IX Nervous system

- Type, structure and functions of neuron.
- Central nervous system: structure and functions
- Autonomic nervous system: structure and functions.

UNIT-X Endocrine system

- Structure and functions of pituitary, pancreas, thyroid, parathyroid, thymus and supra renal glands.

UNIT-XI Sense organs

- Structure and functions of eye, ear, nose and tongue.
- Physiology of vision, hearing and equilibrium.

UNIT -XII Reproductive system

- Structure and functions of reproductive and accessory organs.
- Process of reproduction, menstrual cycle and menopause
- Reproductive health
- Structure and functions of male reproductive system.

Note: Wherever possible related clinical application should be included in each unit.

GNM 1st Year Syllabus

[II] MICROBIOLOGY

Hrs: 30

Course Description

MN. kuldeep.

This course is designed to help students gain knowledge and understanding of the characteristics and activities of micro – organisms, how they react under different conditions and how they cause different disorders and diseases. Knowledge of these principles will enable students to understand and adopt practices associated with preventive and promotive health care.

General Objectives

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

1. Describe the classifications and characteristics of microorganism.
2. List the common disease producing micro-organisms and their characteristics.
3. Explain the activities of micro-organism in relation to the environment and the human body.
4. Enumerate the basic principle of control and destruction of microorganisms.
5. Apply the principle of microbiology in nursing practice.

Course Content

Unit-I Introduction

Brief historical review of bacteriology and microbiology.
Scope and usefulness of knowledge of microbiology in nursing.

Unit-II Micro-Organisms

Classification, structure, size method and rate of reproduction
Factors influencing growth
Pathogenic and non-pathogenic organisms
Normal flora of the body.
Common diseases caused by different types of microorganisms.

Unit III infection and its transmission

Sources of infection
Growth of microbes
Portals of entry and exit of microbes
Transmission of infection
Collection of specimens.

GNM 1st Year Syllabus

Unit-IV Immunity

Types of immunity
Hypersensitivity and autoimmunity.

Unit –V The control and destruction of micro-organisms

Principle and methods of microbial control
Sterilization: dry heat, moist heat, chemicals and radiation.
Disinfection physical, natural gases, chemicals used and preparation of lotions
Chemotherapy and antibiotics
Medical and surgical asepsis, cross-infection
Control of spread of infection
Pasteurization
Bio-safety and waste management.

Unit-VI Introduction to Laboratory techniques

Microscope: Parts and uses. Handling and care of microscope
Inoculation of culture media
Staining and examination of slides
Preparation and examination of smears.

GNM 1st Year Syllabus

II. BEHAVIOURAL SCIENCES

[I] PSYCHOLOGY

Hrs: 40

Course Description

This course is designed to help students understand the dynamics of human behaviour and concept of mental health. This will enable them to develop positive attitude and good inter – personal relationships in the practice of nursing in all health care settings.

General objectives

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

- Describe the concept of mental health and psychology.
- Explain the dynamics of human behavior personality and learning.
- Discuss the role of adjustment mechanisms and emotions in health and illness.
- Demonstrate skills in the application of principle of psychology in nursing practice in all kinds of health care settings.

Course Content

Unit-I Introduction

- Definitions, scope of psychology and its importance in nursing profession.

Unit – II Psychology of Human Behaviour

- Dynamics of behaviour, motivation and behavioral process of adjustment, adjustments and mal – adjustments unconscious behaviour.
- Frustration: sources and nature of frustration, measures to overcome frustration.
- Conflicts: types, unconscious conflict, resolution, conflict and nursing.
- Adjustment Mechanism: meaning, types and importance
- Emotions: in health and disease, emotional situations, control of emotions, effect of emotional reactions on health.
- Attitudes: meaning, development, changes in attitude, attitude and nursing.
- Habits: formation, types, effective habit formation, advantages and disadvantage of habit formation.

Unit-III Learning

- Nature of learning, laws and types of learning, factors promoting Effective learning, memory and forgetfulness.
- Thinking and type of thinking.
- Nature and type of thinking.
- Problem solving and reasoning.

Unit-IV Observation

- Attention and perception, factors affection attention and Observation and errors in perception.

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Unit-V Intelligence

- Definition, individual differences in intelligence.
- Mental ability and nature of intelligence
- Measurement of intelligence.
- Development of intelligent behaviour.

Unit-VI Personality

- Meaning, Types, factors affecting development of personality
- Characteristics of various age group: Child, adolescent, adult and aged.
- Will and character.

[II] SOCIOLOGY

Hrs: 20

Course Description

This course is designed to help student gain an understanding of sociology in the context of its relevance to nursing practice.

General objectives

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

- Describe the concept of the family as a social unit and the status of the individual in the family.
- Explain the dynamics of society and identify common social problems.
- Demonstrate ability to understand the socio-cultural and economic aspects of the community in the light of their effects on health and illness.
- Utilize the knowledge and understanding of sociology in nursing practice.

Course Content

Unit – I Introduction

Concept scope nature and importance of sociology in nursing.
The socio-cultural and economic aspects of the community and their effects in health and illness.

Unit – II The Individual

- Brief review of human growth and development.
- Effect of environment on childhood, adolescence, adulthood and old age.
- The right and responsibilities of the individual in a democratic society.

Unit – III The Family

- Family as a social institution and basic unit for health services.
- Basic needs of family, its structure and relationships.
- Family life education: Pre-marriage, marriage and parenthood.

Unit – IV The Society

- Concept
- Group: Types, Structure, Inter-group relationship. Group cycle, group behaviour and group morale.
- Social changes, social control, social stratification.
- Rural and urban society.
- Social problems: unmarried mothers, dowry system, prostitution, drug addiction, alcoholism, delinquency, handicapped, child abuse, women abuse.
- Social agencies and remedial measures.

Unit – V The Community

- Definition, characteristics and culture.

Unit – VI Economy

GNM 1st Year Syllabus

III. FUNDAMENTAL OF NURSING

[I] FUNDAMENTAL OF NURSING

Hrs: 175

Course Description

This course is designed to help students develop an ability to meet the basic health need of the patients with regard to nursing care and develop skill in the competencies required for rendering effective patient care.

General Objectives

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

- Describe the physical mental and social adjustment required of a sick individual and his family.
- Carry out basic nursing techniques and care with the application of sound scientific principles.
- Explain the concept of comprehensive nursing care.
- Develop skills in assessment, planning, implementation and evaluation of the nursing care rendered to the patients.
- Communicate effectively and establish good interpersonal relationship with the patients, their relatives and other health team members.
- Demonstrate skills in observation, recording and reporting.
- Recognize and utilize opportunities for planning and implementing need based health teaching programme(s) for individuals, groups, families and communities.

Course Content

Unit-I Introduction to Nursing

- Nursing: Definition, meaning, Nature, Scope, Principle sand history of nursing.
- Nurse: Definition and meaning, preparation of a nurse qualities-personal, professional.
- Ethics in nursing, Role and responsibilities of a nurse.
- Health care agencies: Hospital and Community, Types of Hospitals and their functions.
- Holistic approach to nursing.
- Comprehensive nursing care.

Unit – II Nursing care of the patient / Client

- Introduction to the sick and well.
- Determinants of health status.
- Patient/Client : As an individual, member of the family, society, effects of illness and hospitalization on patient and his family.
- Admission of a patient : Patient's unit, set up and care admission procedure, reception of patient, care of patient's belongings. Bed and Bed Making
- Principle of bed-making, factor to be considered in selecting and making bed, different types of beds and their uses.

Maintenance of therapeutic environment

Temperature, Light, noise and Humidity.

Psycho Social Environment

- Meaning and its importance, aesthetic consideration in the environment, colour scheme beauty and flower arrangements.

Nursing Process and Nursing Care Plan

GNM 1st Year Syllabus

- Meaning importance and steps in development.

Recording and Reporting

- Importance, types and nurses responsibilities.

Discharging a patient

- Preparation of the patient physically and mentally, discharge procedure, hospital policies, preparation of the patient's relatives for discharge.

- Follow up and Rehabilitation revisit, treatment compliance and referral,

Unit – III Basic Nursing Care and Needs of the patient

Hygienic Needs and Physical needs

- Importance of maintaining good personal and environmental hygiene in health and disease.
- Nurse's role in maintaining good personal and environmental hygiene.
- Care of Skin and Mucous Membrane.
- Bed bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and feet. Nutritional needs.
- Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse's role in maintaining good nutrition, feeding helpless patients, maintenance of intake and output record.

MS. Pradi

Elimination needs

- Problem in sickness: Constipation and diarrhea, retention and incontinence of urine.
- Nurse's role in meeting elimination needs.

Safety needs

- Environmental hazards, role of nurses in prevention of health hazards.
- Interpersonal relationship, cultural/spiritual/religious needs.

Activity and Exercises

- Importance of activity and exercise in health and sickness, active and passive exercise.

Physical Comforts

- Comfort : meaning and its importance in health and disease, factors promoting and inhibiting physical comfort, comfort devices and their uses, body mechanics, positions.

Moving, shifting and Lifting of patient

- Care of pressure points, bed sores: causes, signs, symptoms, prevention and nursing care
- Shifting of patient from one side to another, from bed to wheel chair and bed to stretcher.

GNM 1st Year Syllabus

Unit – IV Assessment of patient / Client

- Principles and importance of assessment, methods of assessment : observation, palpation, auscultation, percussion, developing skill in observation.

Physical Assessment

- Height, weight, posture, speech

- MS. Preeti

Physiological Assessment

- Temperature, pulse, respiration and blood pressure
- Characteristics of normal and abnormal (T.P.R. and B.P.) and factors influencing the variations.
- Urine stool, vomit, sputum, normal and abnormal behaviour and its deviation.

Unit – V Therapeutic Nursing Care and Procedures Asepsis

- Hand washing, hand scrubbing, use of mask, gown, gloves
- Disinfection techniques, sterilization techniques.
- Autoclaving, boiling, flaming, ultra violet rays.

MS. Preeti

Care and Sterilization of:

- Linen, bed, mattress, floor, walls, cupboard and other articles.
- Rubber goods, dressings, instruments, needles, syringes enamel articles.
- Barrier Nursing and isolation.

Care of Respiratory System

- Inhalation: dry inhalation, moist inhalation, jug, Nelson's inhaler, steam tent, electric inhalers, suction oro-nasal.
- Collection of specimen of sputum for examination.

Care of Gastro Intestinal Tract

- Preparation and giving of enema : Retention enema, evacuation enema, suppository, passing of flatus tube.

Care of Genito Urinary System

- Perineal care of terminally ill patient and patient with urinary catheter.
- Collection of specimens of urine and stool for routine and cultural examination.

Care of Skin and Mucous Membranes

- Cold application : Ice cap, cold packs, use of evaporating lotion. Hot application : use of hot water bottle, dry fomentation, moist
- fomentation, medicated fomentation.

Unit – V Basic Needs and Care in Special conditions

- Care of patient with fever, unconscious patient, patient with fluid imbalance, patient with dyspnoea.
- Care of terminally ill patient.
- Care of physically handicapped.

Dying patient

- Signs and symptoms of approaching death, needs of the dying patient and his relatives, care of the dying, last offices, packing of dead bodies in noncommunicable and communicable diseases.

Unit – VII Introduction to Pharmacology

- Concept of Pharmacology.
- Classification of drugs.
- Administration of drugs.
- General action of drugs.
- Nursing implications in administration of drugs.

GNM 1st Year Syllabus

[III] FIRST AID

Hrs:20

Course Description

This course is designed to help students develop and understanding of community emergencies and be able to render first aid services as and when need arises.

- Mr. Rabin

General Objectives

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

- > Describe the rules of first aid.
- > Demonstrate skill in rendering first aid in case of emergencies.

Course Content

Unit- I Introduction

- Importance of first aid and rules of first aid.
- Concept of emergency.

Unit – II First Aid in Emergency situations

- Fire, burns, fractures, accidents, poisoning, drowning, haemorrhages, insect bites, foreign bodies.
- Transportation of the injured.
- Bandaging and splinting.

Unit – III Community Emergencies and Resource Community Emergencies

- Fire, explosions, floods, earthquakes, famines.
- Immediate and late role of nurses.
- Need for rehabilitation

Community Resources

- Police Assistance.
- Voluntary agencies : Local, National and international agencies.
- Ambulance services: Their functions in relation to emergencies.

GNM 1st Year Syllabus

[III] PERSONAL HYGIENE

Hrs: 20

Mr. Pabirina

Course Description

This course is designed to help students acquire the concept of health, an understanding of the principles of personal health and its relation to nursing in health and disease.

General Objectives

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

- Explain the concept of health and hygiene.
- Enumerate the principles of personal health.
- Demonstrate skills to apply these principles in effective nursing care of the patients / clients as well as in her own healthy living.

Course Content

Unit – I Introduction

Concept of health and its relation to successful living.

Unit – II Maintenance of Health

Determinants of health, building of good health habits, immunization, correction of defects, maintenance of health records.

Unit – III Physical Health

Care of skin, hair, teeth, eyes, ears, hand and feet, Rest and sleep, exercise, activity, recreation, posture, nutrition, elimination, menstrual hygiene.

Unit – IV Mental Health.

- Characteristics of mentally healthy person.,
- Mental hygiene in intrauterine, infancy, childhood, adolescence, adulthood and old age.

GNM 1st Year Syllabus

IV. COMMUNITY HEALTH NURSING – I

II] COMMUNITY HEALTH NURSING

Hrs:80

Course Description

This course is designed to help students gain an understanding of the concept of community health in order to introduce them to the wider horizons of rendering nursing services in a community set-up, both in urban and rural areas.

General objective

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

Describe the concept of health, community health and community health nursing.
State the principles of epidemiology and epidemiological method of community health nursing practice.

Explain the various services provided to the community and the role of the nurse
Demonstrate skills to practice effective nursing care of the individuals and families in the clinics as well as in their homes, using scientific principles.

COURSE CONTENT

Unit- I Introduction to community Health and community health Nursing

- Health and disease
- Community, community health, community health nursing.
- Dimensions of health
- Health determinants
- Indicators of health levels of health care
- Primary health care: Elements and principles Nurse's role in primary health care.
- Health for all by 2000 A.D
- Evolution and development of community health nursing in India and its present concept.
- Differences between institutional and community health nursing.
- Community health team functioning
- Philosophy, goals, objectives and principles of community health nursing practice.
- Qualities and functions of a community health nurse.

Unit-II community health nursing process

- Concepts and definition
- Importance of the community health nursing process
- Steps of the process: Community identification, population composition, health and allied resources, community assessment, planning and conducting community health nursing care services.

Unit- III Health Assessment

- Characteristics of healthy individual
- Identification of deviation from normal health.

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Unit- IV Principles of Epidemiology and Epidemiological methods

- Definition and aims of epidemiology
- Basic tools of measurement in epidemiology
- Uses of epidemiology
- Disease Cycle
- Spectrum of disease.
- Levels of prevention of disease.
- Disease transmission-direct and indirect
- Immunity
- Immuring agents and immunization schedule
- Control of infectious diseases
- Disinfection

Unit- Family Health Nursing care

- Concept, goals, objectives, family as a unit of health family health care services.
- Family health and nursing care process- family health assessment, family care plan.
- Family health services- Material, Child care and family welfare services.
- Roles and function of a community health nurse in family health services.
- Family health records.

Unit-VI Family health care settings

- Home visiting
- Purposes
- Principles
- Planning and evaluation
- Bag technique
- Clinic
- Purposes
- Types of clinics and their functions
- Setting up of various clinics
- Functions of Health personnel in these clinics

Unit- VII Referral systems

Unit – VIII Records and Reports

- Types of records
- Uses of records
- Essential requirements of records.
- Cumulative records
- Design of cards/ Records

Unit-IX Minor Ailments

- Classification
- Early detection and management
- Standing instructions/orders

GNM 1st Year Syllabus

[III] ENVIRONMENTAL HYGIENE

HRS: 20

Course Description

This course is designed to help students acquire the concept of health, understanding of the principles of environmental health and its relation to nursing in health and disease.

General Objectives

- Upon completion of this course, the students will be to:
- Describe the concept of environmental health
- Describe the principles of environmental health
- Demonstrate skills to apply these principles in the nursing care of the patients/clients as well as in their own healthy living.
- Describe the environmental health hazards and health problems of the country and services available to meet these.

Course Content

Unit I Introduction

- Components of environment
- Importance of environmental health.

Unit-II Environmental factors contributing to health water

- Safe and wholesome water
- Uses of Water
- water pollution
- water borne diseases.
- Water purification

Air

- Air pollution
- Prevention and control of air pollution

Waste

- Refuse
- Excreta
- Sewage
- Health hazards of these wastes
- Collection removal and disposal of these wastes

Housing

- Site
- Basic amenities
- Types and standard of ventilation
- Requirements of good lighting.
- Natural and artificial lighting.

Noise

- Source of noise
- Community noise levels
- Effects of noise
- Noise control

Arthropods of Public Health Importance

- Mosquitoes, housefly, sandfly, human louse, ratfleas etc.
- Rodents.
- Control measures for these arthropods.

GNM 1st Year Syllabus

Unit – III Community organization to promote Environmental Health

Levels and types of agencies: National, state, local, Government, Voluntary and Social Agencies

[III] HEALTH EDUCATION AND COMMUNICATION SKILLS Hrs:20

Course Description

This course is designed to help students acquire the concept of health education and understanding of the principles underlying health education in order to develop an ability to communicate effectively with the patients, community, health team members and others.

General Objectives

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

- Describe the concept of health education, communication skills, audio-visual education agencies.
- Identify and utilize opportunities for health education planned and incidental.
- Communicate effectively with others.

Course Content

Unit – I Introduction

- Concept, definition, aims and objectives of health education.
- Process of change/modification of health behaviour.
- Opportunities of health education in hospital and community.
- Scope of health education
- Levels and approaches of health education.
- Principles of health education.
- Nurse's role as health educator.

Unit – II Communication skills

- Definition of communication
- Purposes of communication
- Process of communication
- Barriers of communication and establishment of successful communication.
- Types of communication.
- Importance and art of observing and listening in communication.

Unit – III Methods and Media of Health Education

- Methods of health education
- Types of media (A.V.Aids).
- Advantages and limitations of each.
- Preparation and uses of simple aids

Unit – Health Education Agencies

- National
- State
- District
- Local

GNM 1st Year Syllabus

[IV] NUTRITION

Hrs: 30

Course description

This course is designed to help students understand that nutrition is an integral component of health since nutrition play a vital role in the growth, development and maintenance of the body.

General objectives

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

- Describe the principles of nutrition and dietetics and its relationship to the human body in health and disease.
- Describe the common foods in health and disease.
- Apply knowledge in the promotion of health and in the care of sick.
- Demonstrate skills in selection, preparation and preservation of foods.

Course content

Unit – I Introduction

- Changing concepts- food habits and customs.
- Relationship of nutrition to health.

Unit – II Classification of food

A. Classification by origin

- Food of animal origin
- Food of vegetable origin

GNM 1st Year Syllabus

COMPUTER IN NURSING

Hrs. 30

Course Description

This course is designed to help students gain a basic understand of computers in order to utilize this in rendering effective nursing care in different settings.

General Objectives

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

- Describe the basic disk operating system.
- Use computer for data processing.
- Use computer for word processing and graphics.
- Use computer in patient management system.
- Use E-mail and internet.

Course Content

- Unit - I - Introduction to computers and disk-operating system.
- Unit -II - Introduction to word processing.
- Unit -III- Introduction to data base.
- Unit -IV- Graphics and use of statistical packages.
- Unit -V - Windows application, word, excel, power point, multimedia
- Unit -VI - Introduction to Internet and use of electronic mail.
- Unit -VIII - Computer aided teaching and testing.

GNM 1st Year Syllabus

V. ENGLISH

HOURS: 30

Course Description

This course is designed to help students develop an ability to comprehend spoken and written English, so as to communicate effectively in this language.

General Objectives

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

- Read and write correct English.
- Communicate effectively in English language.
- Demonstrate skill in writing and speaking in English language.

Course content

Unit – I Grammar

- The sentence
- Different parts of speech in brief.

Unit – II Composition

- Analysis, transformation and synthesis of sentences
- Correct usage of sentences.
- Reading comprehension- Exercise of prescribed short answers.

Unit – III Written composition

- Paragraph writing
- Story writing
- Comprehension
- Precise writing
- Essay writing

Unit – IV Vocabulary

- Conversation
- Speaking skills.