

COURSE OF STUDY

First Year

	Nursing courses	Class room hours			Experience		
Sl. No.	Course title and description	Theory	Demonstration	Total	Hospital	Community	Total
I	Community Health Nursing	120	50	170	10	100	110
II	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	400
	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 = 1720 hours						

Second Year (First six months)

Nursing courses		Class room hours			Experience		
Sl. No.	Course title and description	Theory	Demonstration	Total	Hospital	Community	Total
V	Midwifery	200	160	360	220	160	380
VI	Health centre management	40	40	80	—	60	60
	Total hours	240	200	440	220	220	440

Total = 880 hours**Second Year (Internship-Six months)**

Nursing courses		Experience		
Sl. No.	Course title and description	Hospital	Community	Total
i	Midwifery	240	240	480
	• Antenatal ward	40		
	• Intranatal/labour room	120		
	• Post natal ward	40		
	• Neonatal care unit	40		
ii	Child Health	80	160	240
iii	Community health and health center management		160	160
	Total hours			880

Total = 880 hours in the internship period**Grand Total-1760 hrs****Guidelines for internship:**

- The ANM students (in a group of 4-5) should be posted in the sub center/primary health centre with a regular ANM for one month/4 weeks for supervised independent practice in the community which should be residential..
- The students should participate in all National Health and Family Welfare programs during their clinical experience.
- At least 80% of all the clinical requirements should be completed before appearing for the final (second year) examination.
- The principal of the ANM School should certify for each student that she has undergone successfully the internship program, completed 100% of the clinical requirements and acquired the requisite competencies as listed in the syllabus before the award of the certificate/diploma by the state nursing council/examination board.

- e. The casebook and competency record book should be completed and signed by the competent authority of the school before appearing for the second year practical examination.

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 Nursing and health promotion	100	100	-
Practical II	Child Health Nursing	100	100	-
	Total	500	300	-

Grand total for first year 800 marks

Theory and practical examinations at the end of the course. (Second year)

Paper	Course	External Assessment	Internal Assessment	Duration
Theory Paper V	Midwifery	75	25	3 hrs.
Theory Paper VI	Health Centre Management	75	25	3 hrs.
Practical III	Midwifery	100	100	-
Practical IV	Primary health care nursing and health center management	100	100	-
	Total	350	250	-

Grand total for second year 600 marks

MIDWIFERY

Theory - 200 hours

Demonstration - 160 hours

Total - 360 hours

Learning objectives:

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

1. Describe male and female reproductive organs.
2. Explain process of conception and foetal development
3. Describe female pelvis and the muscles involved in delivery of foetus.
4. Conduct normal delivery and provide care to the newborn.
5. Provide care to pregnant mother during ante, intra and post natal period at home and hospital.
6. Provide need based counselling to the mother and to her family during antenatal, intranatal and postnatal period.
7. Resuscitate the high risk new born baby
8. Identify high-risk pregnancies and refer them immediately for safe motherhood.
9. Identify deviation from normal labour in time and take necessary action.
10. Provide adequate care identifying abnormal puerperium.
11. Administer the drugs as per the protocols
12. Educate community for improving quality of life of the family.
13. Promote improvement in the status of women in society
14. Identify women's health problem and provide guidance and support.
15. Provide care and guidance to women with reproductive health problems.
16. Participate in reproductive health and family welfare programmes.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
1.	8		<ul style="list-style-type: none"> Describe structure and functions of female reproductive system Describe structure and functions of male reproductive system 	Human Reproductive System <ul style="list-style-type: none"> Female reproductive organs – structure and function Menstrual cycle Male reproductive organs structure and functions Process of conception 	<ul style="list-style-type: none"> Lecture discussion. Explain using birth atlas, posters, models charts and slides.
2.	6	2	<ul style="list-style-type: none"> Describe female pelvis and its diameters and relation to foetal skull Explain the muscles and ligaments of the pelvic floor Describe foetal skull 	Female Pelvis and foetal skull <ul style="list-style-type: none"> Structure of the pelvic bones-types of pelvis Pelvic diameters Muscles and ligaments of pelvic floor Foetal skull : bones, diameters, sutures, size, shape, moulding, skull areas, fontanelles 	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Explain using models, charts, slides and films.
3.	5	5	<ul style="list-style-type: none"> Explain growth and development of foetus Describe placenta, membrane and umbilical cord and their development State the functions of placenta, 	Foetus and placenta <ul style="list-style-type: none"> Growth and development of foetus, foetal sac and amniotic fluid and foetal circulation and changes after birth Structure and functions of 	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Explain using placenta, membrane, specimens Practice session

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
			membranes and cord.	placenta, membranes and umbilical cord and abnormalities Refer SBA module of Ministry of health and Family Welfare	
4.	10	5	<ul style="list-style-type: none"> Describe signs and symptoms of normal pregnancy Describe various tests for conformation of pregnancy Describe physiological changes during pregnancy Provide Care for minor ailments of pregnancy. 	Normal pregnancy <ul style="list-style-type: none"> Signs and symptoms of pregnancy various diagnostic tests for conformation of pregnancy Physiological changes during pregnancy Minor ailments during pregnancy and their management Refer SBA module of Ministry of health and Family Welfare	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Explain using Models and Charts.
5.	10	8	<ul style="list-style-type: none"> Provide antenatal care Provide need-based information and guidance. Advise diet and nutrition for the pregnant mothers Identify risk factors and refer on time. 	Antenatal Care <ul style="list-style-type: none"> Registration Taking history of a pregnant woman. Physical examination, Investigation - routine and specific Prophylactic medications 	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Practice session. Supervised clinical practice.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
			<ul style="list-style-type: none"> • Prepare mother for delivery 	<ul style="list-style-type: none"> • Need based health information and guidance • Nutrition in pregnancy • Special needs of a pregnant woman. • Involvement of husband and family. • Identification of high risks cases and referral • Preparation of mother for delivery. <p>Refer SBA module of Ministry of health and Family Welfare</p>	
6.	10	8	<ul style="list-style-type: none"> • Identify signs and symptoms of normal labour • Demonstrate the mechanism of labour • Detect a normal lie and presentation of foetus. • Identify deviation from normal progress of labour • Demonstrate plotting of t partograph 	<p>Normal Labour</p> <ul style="list-style-type: none"> • Onset and stages of labour, physiological changes • Changes in Uterine muscles, and cervix • Lie, attitude, position, denominator and presentation of foetus. • Foetal skull, • Mechanisms of labour • Identification of high risk cases, 	<ul style="list-style-type: none"> • Lecture discussion. • Demonstration • Witness normal delivery • Explain using partograph.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
				foetal distress and maternal distress during labour • Partograph in the management of the normal labor Role of ANM/Female health worker and referral Refer SBA module of Ministry of health and Family Welfare	
7.	12	15	<ul style="list-style-type: none"> • Use partograph and perform Per Vagina examination. • Assist and conduct child birth • Resuscitate new-born • Deliver the placenta • Provide care to mother and newborn throughout delivery • Perform necessary recordings 	Care during normal labour <ul style="list-style-type: none"> • History of labour • Importance of five 'C's • Monitoring progress of labour with partograph preparation for delivery • Care of mother in first and second stage of labour • Assist and conduct childbirth • Immediate care of new-born- resuscitation, apgar score, cord care • Oxytocin Misoprostol drugs: Dose, route, indication, contraindication, 	<ul style="list-style-type: none"> • Lecture discussion. • Demonstration. • Explain using models, charts, films and slides partograph. • Supervised clinical practice • Practice session • Case study.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
				<p>action, side effects, precautions, role and responsibilities of ANM/FHW</p> <ul style="list-style-type: none"> • Delivery of placenta and examination of placenta • Care of mother in third and fourth stage: Recognise degrees of tear and appropriate care and referral • Establishment of breast feeding, exclusive breast feeding • Kangaroo mother care • Baby friendly hospital initiative • Record childbirth and ensure birth registration <p>Refer SBA module of Ministry of health and Family Welfare</p>	
8.	10	10	<ul style="list-style-type: none"> • Perform postnatal assessment • Identify deviations from normal puerperium and take necessary care. • Establish breast feeding. 	<p>Normal puerperium</p> <ul style="list-style-type: none"> • Physiological Changes during postnatal period • Postnatal assessment • Minor ailments during puerperium and their management 	<ul style="list-style-type: none"> • Lecture discussion. • Demonstration. • Supervised clinical practice

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
			<ul style="list-style-type: none"> • Provide need based information and counselling 	<ul style="list-style-type: none"> • Care of mother-diet, rest, exercise, hygiene • Management of breast feeding. • Prophylactic medicines • Special needs of postnatal women • Need based health education. <p>Refer SBA module of Ministry of health and Family Welfare</p>	
9.	10	10	<ul style="list-style-type: none"> • Provide immediate care to normal new born • Resuscitate new born at birth • Identify "at risk" neonate and state measures to be taken • Give immunization as per routine • Care for new -born with common minor disorders 	<p>Care of New-born</p> <ul style="list-style-type: none"> • Assessment of new-born for gestation age, risk status and abnormalities • Neonatal resuscitation • Monitoring of vital signs and birth weight • Management of normal new-born and common minor disorders. • Exclusive Breast feeding and management • Temperature maintenance, kangaroo mother care • Immunization 	<ul style="list-style-type: none"> • Lecture discussion. • Demonstration. • Lecture discussion. • Demonstration.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
				<ul style="list-style-type: none"> Care of newborn: Jaundice, infection, respiratory problems Principles of prevention of infection Educating mother to look after babies. <p>Integrate accepted practices of AYUSH Refer SBA module of Ministry of health and Family Welfare</p>	
10.	5	10	<ul style="list-style-type: none"> Identify a pre term / LBW baby and fulfill the special needs. Provide care required during special conditions in a new-born Guide in home care of a high risk new - born 	<p>High risk New Born</p> <ul style="list-style-type: none"> Pre term / Low Birth weight babies. Special needs of high risk babies Care at home – referral and follow up Care during asphyxia, convulsions, vomiting. Care for thrush, cord sepsis, diarrhoea. Implementation IMNCI protocol <p>Refer SBA module of Ministry of health and Family Welfare</p>	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Explain using charts.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
11.	10	3	<ul style="list-style-type: none"> • Define MMR & IMR • State the components of RCH programme • Explain preventive measures for safe motherhood Safe mother-hood 	Safe mother-hood <ul style="list-style-type: none"> • Concept and cause of maternal mortality and morbidity • Safe motherhood components: RCH and NRHM • Preventive measures Role of ANM/Female Health worker Refer SBA module of Ministry of health and Family Welfare	<ul style="list-style-type: none"> • Lecture discussion. • Demonstration. • Explain using charts.
12.	10	5	<ul style="list-style-type: none"> • Identify high risk pregnancies • Refer them in time • Counsel and involve husband and family members in high risk pregnancies 	High risk pregnancies <ul style="list-style-type: none"> • High risk pregnancies: Identification, Risk factors, decision making, and management. • Protocols and standing orders: • Referral and follow up • Counselling and guidance about high risk conditions • Involvement of husband and family 	<ul style="list-style-type: none"> • Lecture discussion. • Case study – 2 • Supervised clinical practice. • Demonstration

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
				Role of ANM/Female Health worker Refer SBA module of Ministry of health and Family Welfare	
13.	15	10	<ul style="list-style-type: none"> Identify abnormalities of pregnancy in time Refer to correct place in time State the diseases that can affect during pregnancy 	Abnormalities of pregnancy <ul style="list-style-type: none"> Common abnormalities of pregnancy: hyperemesis gravidarum, leaking and bleeding per vagina Anaemia of pregnant woman Eclampsia and pre eclampsia and toxemia of pregnancy Indication of premature rupture of membranes, prolonged labour, anything requiring manual intervention, UTI, puerperal sepsis. Obstetrical shocks: Uterine abnormalities, ectopic pregnancy Diseases complication pregnancy – TB, diabetes. Hypertension 	<ul style="list-style-type: none"> Lecture discussion. Demonstration.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
				<ul style="list-style-type: none"> • Infections during pregnancy – RTI/ STIs malaria, HIV, AIDS • Rh factor • Standing orders and protocols • Role of ANM/ Female Health worker <p>Refer SBA module of Ministry of health and Family Welfare</p>	
14.	5	5	<ul style="list-style-type: none"> • Identify types of abortion • Prepare mother for termination of pregnancy • Counsel for safe abortion. 	<p>Abortion</p> <ul style="list-style-type: none"> • Types of abortion, causes of abortion • Need for safe abortion – referral • Complications of abortions • Medical termination of pregnancy • Care of woman who had abortion • Role of ANM/ Health worker <p>Refer SBA module of Ministry of health and Family Welfare</p>	<ul style="list-style-type: none"> • Lecture discussion. • Suprarenal • Clinical practice • Observation. • Demonstration.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
15.	10	10	<ul style="list-style-type: none"> Identify deviations from normal child birth and refer in time Provide Care to the mother in emergency and while transferring to hospital. Mobilise support from the family and community. 	Abnormal childbirth <ul style="list-style-type: none"> Common abnormalities of childbirth Abnormal presentations Abnormal uterine actions Cephalo pelvic disproportion Prolonged labour Identification, immediate management and referral Emergency care of mother during transfer to hospital. Role of ANM/ Female health worker Refer SBA module of Ministry of health and Family Welfare	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Explain using through birth Atlas and charts. Explain using partograph.
16.	10	10	<ul style="list-style-type: none"> Provide emergency care at the time of haemorrhage Identify the cause of different PPH. Identify causes of complications during puerperium and render adequate care. 	Abnormal Puerperium <ul style="list-style-type: none"> Postpartum haemorrhage and its management. Puerperal sepsis and its management Retention of urine Breast complications during lactation and their management 	<ul style="list-style-type: none"> Lecture discussion. Explain using charts through charts different types of PPH.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
				<ul style="list-style-type: none"> Psychiatric complications Role of ANM/Female health worker Refer SBA module of Ministry of health and Family Welfare	
17.	5	5	<ul style="list-style-type: none"> Assist in various surgical intervention in the mother during labour Render care to mothers pre & post operatively in surgical intervention. 	Surgical Intervention <ul style="list-style-type: none"> Assisting in the followings: <ul style="list-style-type: none"> Induction of labour and its management Forceps and Vacuum extraction Episiotomy and suturing Craniotomy Caesarean section Pre and post operative care. Role of ANM/Female health worker Refer SBA module of Ministry of health and Family Welfare	<ul style="list-style-type: none"> Lecture discussion. Demonstration.
18.	5	5	<ul style="list-style-type: none"> Able to identify various medicines during child birth for mother and child. Understand their 	Medications used in midwifery <ul style="list-style-type: none"> Pain relieving drugs Anaesthetic drugs For uterine contractions 	<ul style="list-style-type: none"> Lecture discussion. Visit labour room. Demonstration. Any study any book.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
			action and care needed for the mother. • State the dosage of these medicines for mother and child.	• For controlling bleeding • For preventing postnatal infection. • For preventing eclampsia • Antibiotics • IV fluids • Role of ANM/ Female health worker Refer SBA module of Ministry of health and Family Welfare	
19.	3	-	• Describe the concept of quality of life • Explain how quality of life affects life expectancy and peoples health • Describe role of education on quality of life	Life cycle approach • Quality of life and life expectancy • People's health throughout the life cycle • Role of education economic status, social status on quality of life • Holistic approach to life. Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion.
20.	5	-	• Explain status of women in Indian society	Status of women and empowerment • Status of women in society	• Lecture discussion. • Demonstration.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
			<ul style="list-style-type: none"> Enumerate factors affecting women status Describe the importance of women's health Explain the programmes for empowering women in the society. 	<ul style="list-style-type: none"> Factors affecting status – gender bias, sex selection tests, female foeticide and infanticide sex ratio discrimination and exploitation Effect of tradition, culture and literacy Relationship between status of women and women's health. Effects of women's health in community : single, divorced deserted woman, widows special needs Laws related to women. Programmes for women's empowerment. <p>Refer SBA module of Ministry of health and Family Welfare</p>	<ul style="list-style-type: none"> Visit family of an under privileged group. Group discussion.
21.	10	10	<ul style="list-style-type: none"> Explain the complications related to child birth. Identify common and emergency complications and provide care 	<p>Women's health problems</p> <ul style="list-style-type: none"> Complications related to childbirth – VVF, RVF, prolapse and incontinence. 	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Case study of a women at menopause

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
			<ul style="list-style-type: none"> Take pap smear 	<ul style="list-style-type: none"> Cervical erosion and leucorrhoea pruritus Cancers – cervical and breast: Pap smear for detection of cancer cervix Tumours – fibroids Menstrual disorders Menopause and its implications. <p>Refer SBA module of Ministry of health and Family Welfare</p>	
22.	6	4	<ul style="list-style-type: none"> Describe causes signs and symptoms of STI and RTI Describe the treatment for the STI's and RTI Education on prevention and treatment of RTI's and STIs 	RTIs and STIs <ul style="list-style-type: none"> Causes and signs and symptoms of STIs and RTIs Syndromic approach for treatment Referral treatment and follow up care. Information, education and communication for prevention and treatment. 	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Health education. Case study.
23.	6	10	<ul style="list-style-type: none"> Explain the cause, effect and prognosis of HIV/AIDS Counsel the HIV positive persons 	HIV /AIDS <ul style="list-style-type: none"> Epidemiological facts related to spread of infection Methods of transmission 	<ul style="list-style-type: none"> Lecture discussion. Demonstration Explain HIV/ AIDS through charts and models.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
			<ul style="list-style-type: none"> • Explain home care for HIV/AIDS patients 	<ul style="list-style-type: none"> • Effect on immunity and signs and symptoms • The AIDS patient community support and home care • Counselling: process and techniques • Counselling of HIV / positive patients and pregnant women. • Standard safety measures • Voluntary counseling and testing center (VCTC) / Integrated counseling and testing center (ICTC) activities • Care continuum and Anti Retro viral Therapy(ART) • Prevention of parent to child transmission (PPTCT): prophylaxis and breast feeding guidelines 	<ul style="list-style-type: none"> • Role/play.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
24.	2	2	<ul style="list-style-type: none"> Identify cases of infertility Provide counselling to infertile couples Refer and provide follow up care to infertility cases. 	Infertility <ul style="list-style-type: none"> Classification and Causes of infertility in male and female Investigation and treatment Identification of couples, counselling, referral and follow up. Role of ANM/ Female Health worker 	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Explain using charts and posters. Case study.
25.	4	3	<ul style="list-style-type: none"> Explain the impact of population explosion specially on health Enumerate Birth Rate, Death Rate, Net Reproductive Rate etc. Describe the scope of Family Welfare programme. Discuss trends in health and family welfare programmes 	Population Education <ul style="list-style-type: none"> Population trends in India Vital statistics birth and death rates, growth rate, NRR, fertility rate, couple protection rate, family size. National family Programme trends and changes RCH-I, RCH-II programme and NRHM Target free approach for FW Role of mass media and IEC Role of ANM/health worker 	<ul style="list-style-type: none"> Lecture discussion. Visit office of DFWO Explain using vital statistics.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
26.	8	5	<ul style="list-style-type: none"> • Prepare eligible couple register • Describe the different methods of contraception and their effects. • Provide guidance to the adopters • Provide need based counselling related to contraception. 	Family welfare <ul style="list-style-type: none"> • Identification of eligible couples and those need contraceptive methods. • Information related to contraception and importance of choice. • Natural and temporary methods of contraception • Permanent methods • New methods nor-plant and injectables. • Emergency contraception • Follow up of contraceptive users. • Counselling • Role of ANM/female Health worker 	<ul style="list-style-type: none"> • Lecture discussion. • Demonstration. • Case study. • Health education

Suggested activities for Evaluation

- Taking of history and antenatal examination.
- Demonstration of vaginal examination
- Plotting of partograph during labour
- Return demonstration of normal delivery using five 'C's
- Demonstration of perineal care
- Essential Care of newborn
- Apgar score and resuscitation of a new born baby.
- Health education on exclusive breast-feeding

- Midwifery case book.
- Demonstration of immunization
- Drug book
- Records and reports
- Case studies
- Preparation of posters on methods of Family Welfare
- Demonstration of IUCD insertion.
- Information Education and Communication
- Calculation for vital indicators

- Midwifery case book.
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- Drug book
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- Case studies
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- Information Education and Communication
- Calculation for vital indicators

HEALTH CENTER MANAGEMENT

Total - 80 hours

Theory - 40 hours

Demonstration - 40 hours

Learning objectives:

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

1. Organise sub center and clinics to carry out scheduled activities.
2. Indent and maintain necessary stock
3. Participate in the implementation of National health programmes
4. Update knowledge and skills
5. Provide guidance to TBA, AWW, ASHA and other voluntary health workers.
6. Collaborate and coordinate with other health team members and agencies
7. Maintain records and reports

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
1.	10	5	<ul style="list-style-type: none"> Organize and set up a sub centre Prepare a sub centre activity plan Conduct meetings Conduct clinics at sub centre. Display health messages. 	The sub center <ul style="list-style-type: none"> Organization of functions and facilities of sub centre Sub centre activity plans Conduct a clinic and special programs and follow up 	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Visit sub centre Attend a clinic at the sub centre.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
				<ul style="list-style-type: none"> • Conducting meetings and counselling sessions. ✓ • Sub centre action plan • Information, education and communication • Display of messages 	
2.	4	10	<ul style="list-style-type: none"> • Write indents and stock position • Prepare weekly and monthly reports. 	Maintenance of stocks <ul style="list-style-type: none"> • Maintenance of supplies, drugs, equipment, stock, indenting. • Calculation of indent as per population requirement • Management information and evaluation system(MIES) <ul style="list-style-type: none"> - Maintenance of records. - Reports of sub centre. 	<ul style="list-style-type: none"> • Lecture discussion. • Explain using stock register, indents etc to monthly reports of the students. • Calculation of indent as per population requirement • Explain the various records
3.	6	5	<ul style="list-style-type: none"> • Establish co-ordination with different organization working in the area. 	Co- ordination <ul style="list-style-type: none"> • Inter-sectoral co-ordination • Co-ordination with school teachers, 	<ul style="list-style-type: none"> • Lecture discussion. • Visit local govt departments, NGOs and

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
			<ul style="list-style-type: none"> Demonstrate good relationship with them. 	ASHA, anganwadi workers, panchayat <ul style="list-style-type: none"> Role of NGOs and co-ordination with government departments. 	discuss their programs.
4.	10	10	<ul style="list-style-type: none"> Enumerate the National Health programs Describe the role of ANM in these programs. 	Implementation of national health program <ul style="list-style-type: none"> National Health programs and the role of the ANM Detection, referral, treatment and follow up of cases of malaria, leprosy tuberculosis, blindness, goiter. 	<ul style="list-style-type: none"> Lecture discussion. Visit a TB and a leprosy patient and observe DOTS program and MDT carried out by health workers.
5.	10	10	<ul style="list-style-type: none"> Demonstrate ability in writing reports in correct language Understand the scope of her career advancement and self development 	Update knowledge <ul style="list-style-type: none"> Continuing education for self development – circulars, hand-outs, meetings, journals. Methods of self development Interacting with community Improving writing speaking abilities in local language and English 	<ul style="list-style-type: none"> Lecture discussion. Demonstration. Role/play Exercise on <ul style="list-style-type: none"> Reading Summation Comprehension Practice in public speaking.

Suggested activities for Evaluation

- Detection of tuberculosis, malaria, leprosy etc
- Assignment on records and reports maintained at sub centre.
- Peer group teaching on DOTS & MDT.
- Participation of national health programmes at CHC/PHC/SC
- Assignment on organization of sub-centre/clinics

COMMUNITY HEALTH NURSING AND HEALTH PROMOTION

Hospital - 30 hours

Community - 280 hours

Total - 310 hours

Expected Competency	Hospital Experiences	Community Experiences
<ul style="list-style-type: none"> Describe community structure Community assessment and home visiting. Health assessment of individuals of different age groups 	<ul style="list-style-type: none"> Interviewing, Physical and health need assessment of 5 (five) persons. 	<ul style="list-style-type: none"> Visit village for understanding the village mapping, physical, social and resources structure of the village. Conduct community need assessment Prepare and use questionnaire for home visits and assessing health concepts, behaviours, concepts and practices of five families.
<ul style="list-style-type: none"> Describe health organization and team responsibilities. 		<ul style="list-style-type: none"> Visit to SC/PHC/CHC and prepare a report including organization, functions and the responsibilities of team members Prepare the organization chart.
<ul style="list-style-type: none"> Perform nutritional assessment Conduct IEC activities related to nutrition 	<ul style="list-style-type: none"> Identifies, assesses two patients with malnutrition 	<p>Group work on:</p> <ul style="list-style-type: none"> Nutrition exhibition in a school / health centre. Cooking demonstration for a group of women in a village. Prepare and maintain a nutrition practical book.

Expected Competency	Hospital Experiences	Community Experiences
<ul style="list-style-type: none"> • Assess personal hygiene, and health education. 		<ul style="list-style-type: none"> • Assess personal hygiene of five children in a school based on an assessment performa. • Conduct IEC activities related to personal hygiene
<ul style="list-style-type: none"> • Assess environmental sanitation • Conduct IEC activities related to environmental sanitation 		<ul style="list-style-type: none"> • Using a guideline each group assesses a community's environmental sanitation, organizes discussion with community and prepares plan of action. • Disinfects one well and one tube well or any other activity based on community needs. • Prepare reports.
<ul style="list-style-type: none"> • Assess mental health of an individual and counsel or refer. 		<ul style="list-style-type: none"> • Assesses mental health of two persons • Health education • Referral • Prepare a report.

Child Health Nursing

Hospital – 80 hours

Community - 100 hours

Total – 180 hours

Expected Competency	Hospital Experiences	Community Experiences
<ul style="list-style-type: none"> Assess growth and development of children. Assess health status of children. 	<ul style="list-style-type: none"> Assess growth and development of 10 children of different ages and record on chart. Assess health status of 10 sick* children. 	<ul style="list-style-type: none"> Assess growth and development of 10 children of different ages and record on chart. Conducts a school health clinic, assesses growth, identifies problems and refers Conducts health education sessions for school children – 2 sessions. Assess health status of 10* children
<ul style="list-style-type: none"> Care of the sick child. 	<ul style="list-style-type: none"> Give care to 5 children as per the IMNCI protocol Give care to 5 children each with diarrhoea and ARI. Demonstration, preparation and use of ORS to parents. 	<ul style="list-style-type: none"> Give care to 5 children as per the IMNCI protocol Give care to 5 children each with diarrhoea and ARI Give care to children with other ailments Demonstrate, preparation and use of ORS to parents. Identify and refer children at high risk Demonstrate home care for a child with diarrhoea and ARI
<ul style="list-style-type: none"> Counsel mothers about feeding of infants and young child 	Counsel mothers about breast feeding	<ul style="list-style-type: none"> Identify and counsel 2 mothers with problems related to breast-feeding. Demonstrate complementary food preparation and use.

*- Number of cases may be from clinical or community

MIDWIFERY

Hospital - 220 hours

Community - 160 hours

Total - 380 hours

Expected Competency	Hospital Experiences	Community Experiences
<ul style="list-style-type: none"> Assessment and care of normal pregnant women. 	<ul style="list-style-type: none"> Detecting pregnancy using pregnancy testing kit. Registration of antenatal mothers. Pre conception counselling. Measuring the blood pressure, pulse and fetal heart rate, checking for pallor and edema and determining the fundal height, fetal lie and presentation accurately. Hemoglobin estimation and testing urine for protein and sugar Examine 20 antenatal women (in the hospital and community) Provide IFA supplements and administer TT injection to 10 women. 	<ul style="list-style-type: none"> Registration and management of vital events registers. Conduct antenatal examinations at home. Participate in antenatal clinics in the sub center Malaria testing for pregnant mothers Counseling on birth preparedness, complication readiness, diet and rest, infant feeling, sex during pregnancy, domestic violence and contraception

Expected Competency	Hospital Experiences	Community Experiences
<p>conducting normal delivery.</p> <p>recognise different degrees of tears, give emergency care and refer.</p>	<ul style="list-style-type: none"> • Maintain midwifery case book • Conducting pelvic assessment to determine pelvic adequacy. PV examination 5 • Plotting the partographs and deciding when to refer the women. • Conducting 10 safe deliveries (in the hospital and community), with active management of third stage of labour, using infection prevention practices. • Assist in the suturing of 5 episiotomies and tears. 	<ul style="list-style-type: none"> • Conduct deliveries in the community (health centers preferably and home).
<p>assessing and care postnatal mothers and newborns</p>	<ul style="list-style-type: none"> • Provide essential care of the newborn-10 • Basic Resuscitation of the newborn-5 • Managing/Counseling on postpartum care and nutrition • Counseling/supporting of mothers for breast feeding and preventing/managing breast feeding problems 	<ul style="list-style-type: none"> • Follow up of 10 postnatal mothers for 10 days with at least 3 home visits. • Care of newborns in the home-10 • Conduct health education for groups of mothers and individuals-2 each. • Integrate accepted practices of AYUSH

Expected Competency	Hospital Experiences	Community Experiences
	<ul style="list-style-type: none"> • Counseling for Kangaroo Mother Care • Care of postnatal mothers 10 (in the hospital and community) • Conduct health education for groups of mothers and individuals-3 each • Follow infection prevention and biomedical waste management in the labour room and sub center. 	
<ul style="list-style-type: none"> • Assessing and referring mothers at risk 	<ul style="list-style-type: none"> • Identify high-risk mothers and give care • Prepare for caesarean sections-2 • Observe caesarean sections-2 • Observe abnormal deliveries 5 • Prepare for MTP and observe procedure-2 • Take care of women with abortion-2 • Insert a urinary catheter in women • Preparation and administration of oxytocin drip • Bimanual compression of the uterus for the management of PPH. 	<ul style="list-style-type: none"> • Do a case study of a complicated childbirth in the village. • Conduct a village meeting for emergency transport of women in labour and at risk. • Identify and refer women with unwanted pregnancy for MTP • Interview any 10 women and list reasons for unsafe motherhood and abortion. • Identify high risk mothers 5 and newborns 5 and refer them to the higher center.

Expected Competency	Hospital Experiences	Community Experiences
	<ul style="list-style-type: none"> • Care of mother with HIV • Digital removal of retained products of conception for incomplete abortion • Provide post abortion care. 	
<p>Counsel eligible couples about different methods of contraception.</p> <p>Prepare acceptors for sterilization and IUCDs</p> <p>Detection of cervical cancer</p>	<ul style="list-style-type: none"> • Counseling of mother/couples for family planning • Prepare and assist for sterilization of 5 female and 2 male cases (in the hospital or community) • Insertion of intra uterine devices and prescription of contraceptives • Perform 2 IUCD insertions (in the hospital or community) • Distribute oral pills-5 • Demonstrate the use of condoms and distribute condoms-5 • Visual inspection of the cervix and taking a pap smear test-2 	<ul style="list-style-type: none"> • Counsel eligible couples on different methods of contraception. • Perform 2 IUCD insertions (in the hospital or community) • Distribute oral pills-5 • Demonstrate the use of condoms and distribute condoms-5 • Visual inspection of the cervix and taking a pap smear test-2

Clinical requirements to be completed during the internship period:

In addition to practicing and gaining competency in the above mentioned skills, the students are expected to complete the following requirements during the internship period:

Expected Competency	Hospital and Community Experiences
<ul style="list-style-type: none"> Assessment and care of normal pregnant woman 	<ul style="list-style-type: none"> Examine 15 antenatal women (in the hospital and community)
<ul style="list-style-type: none"> Conduct normal delivery Recognize different degrees of tears give emergency care and refer 	<ul style="list-style-type: none"> Conducting pelvic assessment to determine pelvic adequacy PV examination 5 Conducting 10 safe deliveries (in the hospital and community), with active management of the third stage of labour, using infection prevention practices. Assist in the suturing of 5 episiotomies and tears
<ul style="list-style-type: none"> Assessment and care of postnatal mothers and newborns 	<ul style="list-style-type: none"> Provide essential care of the newborn-10 Basic Resuscitation of the newborn-5 Care of postnatal mothers 10 (in the hospital and community)
<ul style="list-style-type: none"> Assessing and referring mothers at risk 	<ul style="list-style-type: none"> Take care of women with abortion-2
<ul style="list-style-type: none"> counsel eligible couples about different methods of contraception Prepare acceptors for sterilization and IUCDs Detection of cervical cancer 	<ul style="list-style-type: none"> Prepare and assist for sterilization of 5 female and 2 male cases (in the hospital or community) Perform 3 IUCD insertions (in the hospital or community) Distribute oral pills-5 Demonstrate the use of condoms and distribute condoms-5 Visual inspection of cervix with Acetic acid-2
<ul style="list-style-type: none"> Management of sick neonates and children (IMNCI) 	<ul style="list-style-type: none"> Assessment and care of 5 sick neonated and 5 sick children as per the IMNCI protocols

PRIMARY HEALTH CARE NURSING AND HEALTH CENTRE MANAGEMENT

Hospital - 90 hours

Community - 360 hours

Total - 450 hours

Expected Competency	Hospital Experiences	Community Experiences
Administer immunization safely.	<ul style="list-style-type: none"> Perform immunization for infants and children DPT, measles, BCG, oral polio, hepatitis and maintains record in health centre or hospital. Injection safety measures 	<ul style="list-style-type: none"> Perform immunization for infants and children- DPT, measles, BCG, hepatitis oral polio and maintains record. Plans and conducts two immunization sessions in the village and sub-centre and records. Injection safety measures
Give care to the sick.	<ul style="list-style-type: none"> Give care to sick people in the health centre \ hospital. 	<ul style="list-style-type: none"> Assess and take care of sick patients at home. Integrate accepted practices of AYUSH Refers patients to hospital \ health centre and follow up.
Provide first aid in various emergencies.	<ul style="list-style-type: none"> Practice bandaging, splints, slings 	<ul style="list-style-type: none"> Provide first aid in the health center/ clinic and maintain records.
Provide primary medical care.	<ul style="list-style-type: none"> Administers medication Treatment of minor ailments 	<ul style="list-style-type: none"> Conduct health camps Administers medications and refers patients if required Integrate accepted practices of AYUSH

Expected Competency	Hospital Experiences	Community Experiences
<ul style="list-style-type: none"> • Organize and manage sub centre • Render care at home. 		<ul style="list-style-type: none"> • Intensive experience at a sub – centre and participate with the ANM / FHW in - <ul style="list-style-type: none"> - Organizing various clinics - Indenting - Maintaining stock books - Management information and evaluation system (MIES) : vital statistics, family folders / eligible couple registers, records and reports etc. - Providing emergency care. - Home visits and pre, post and intranatal care at home

