ANATOMY AND PHYSIOLOGY

Theory - Anatomy : 60

Physiology : 60

Placement : First Year

Course Description -The course is designed to assist students to acquire the knowledge of the normal structure of human body & functions. To ensure the students to understand the alternation in anatomical structure and function in disease and practice of Nursing.

Specific objectives – At the end of the course the students will be able to:

1) Describe the general structure and functions of the body as a whole.

2) Describe the general and microscopic structure and functions of each system of the body.

3) Explain the macroscopic and microscopic structure and functions of each organs of the body.

4) Understand the effects of alterations in structures and functions of as whole.

5) Apply the knowledge of anatomy and physiology in the practice of nursing.

Anatomy

Theory – 60 hours

(Class 40+ lab 20 hours)

UNIT	HRS	LEARNING OBJECTIVE	CONTENTS	TEACHING LEARNING ACTIVITIES	ASSESSMENT METHODS
I Introduction	**6 Hrs** T = 5 P = 1	Describe the anatomical terms, organization of human body and structure of cell, tissues membranes and glands.	Systems • Cell & Cell division Tissues (including glands) • Regions, cavities Membranes	Lecture, Discussion Explain using charts, microscopic slides skeleton and torso. • Demonstrate cell types of tissues membranes and glands. • Journal	Short answer questions Objective type

UNIT	HRS	LEARNING OBJECTIVE	CONTENTS	TEACHING LEARNING ACTIVITIES	ASSESSMENT METHODS
II Skeletal System	**7 Hrs** T = 4 P = 3	Classify the Principal types of bones on the basis of its shape Describe anatomical position structure and functions of bones and joints - List various abnormal conditions of bones and joints	**Skeletal System** Function of bones Typical bone Bone-growth-healing of fracture Skeleton – Axial, Appendicular Bones-Classification **Joints** – Classification Typical Synovial joint Alteration in Disease Application and implication in nursing	Lecture Discussion Explain using charts, Skeleton loose bones and joints Journal	Short answer questions, Objective type and Short notes
III Muscular System	**7 Hrs** T = 5 P = 2	Explain the structure and functions of principal muscles of the body. List the disorders of muscular system	Muscular tissue review Typical skeletal muscle/Principles of lever Classification-Shape, red & pale, prime mover, Antagonist, Synergist Muscle groups & movements at a joint Head, face, neck, Back, Upper Limb, Thorax, Abdominal, Pelvis, Perineum, Lower Limb Alteration in Disease Application and implication in nursing	Lecture Discussion Explain using charts, models, and films Demonstrate muscular movements Journal	Short answer questions Objective type

UNIT	HRS	LEARNING OBJECTIVE	CONTENTS	TEACHING LEARNING ACTIVITIES	ASSESSMENT METHODS
IV Respiratory System	**4 Hrs** T = 2 P = 2	Describe the anatomical position, size, shape and structure of organs of respiratory system. Enumerate the principal muscles of respiration. List the abnormalities of respiratory system.	Trachea, lung, pleura Musculoskeletal frame Mechanism of respiration Alteration in Disease Application and implication in nursing	Lecture Discussion Explain using models, torso, charts, slides and specimens Journal.	Long answer and Short answer questions Objective Type and Short notes
V Digestive System	**6 Hrs** T = 4 P = 2	Describe the anatomical position, size, shape and structure of organs of digestive system List the abnormalities of digestive system.	Mouth- Tooth, mastication Salivary glands deglutition, Esophagus Stomach Intestines, Liver, Biliary Apparatus, Pancreas Peritoneum Alteration in disease Application and implication in nursing	Lecture discussion Explain using models torso, charts, slides and specimens Journal.	Long answer and Short answer questions Objective type and Short notes.
VI Cardiovascular System	**6 Hrs** T= 4 P =2	Describe the anatomical position, size, shape and structure of organs Explain arterial, venous and lymphatic circulation. Enumerate the	Heart & Pericardium Arterial & venous system(Systemic, Pulmonary, Hepatoportal Coronary) Lymphatic System and Lymphoid tissue Thymus Lymph node Spleen Lymph	Lecture discussion Explain using models torso, charts, slides and specimens Journal.	Long answer and Short answer questions Objective Type and Short notes

UNIT	HRS	LEARNING OBJECTIVE	CONTENTS	TEACHING LEARNING ACTIVITIES	ASSESSMENT METHODS
		disorders of heart and circulatory system.	nodules		
VII **Urinary System (Excretory)**	**5 Hrs** T =3 P =2	Describe the anatomical position, size, shape and structure of organs of urinary system Explain incontinence and list the abnormalities of urinary system.	Kidney Ureter, Urinary bladder Urethra & continence Skin	Lecture Discussion Explain using models torso, charts, slides and specimens Journal.	Short answer questions Objective type and Short notes
VIII **Reproductive system**	**3 Hrs** T=2 P=1	Describe the anatomical position, size, shape and structure of male and female reproductive organs List the abnormalities male and female reproductive system.	Male reproductive Female reproductive Breast	Lecture Discussion Explain using models torso, charts, slides and specimens Journal.	Short answer questions Objective type and Short notes
IX **Endocrine System**	**3 Hrs** T= 2 P=1	Describe the anatomical position, size, shape and structure of various organs of the endocrine system. List the abnormalities of system.	Pituitary Thyroid Parathyroid & Pancreas Suprarenal	Lecture Discussion Explain using models torso, charts, slides and specimens Journal.	Short answer questions Objective type and Short notes

UNIT	HRS	LEARNING OBJECTIVE	CONTENTS	TEACHING LEARNING ACTIVITIES	ASSESSMENT METHODS
X **Nervous System**	**9 Hrs** T= 7 P=2	Describe the anatomical position, size, shape and structure of various organs of the nervous system. Compare the functions of different parts of the brain. List the abnormalities of nervous system.	Cerebrum Diencephalon Brainstem & Spinal cord Cerebellum ANS & PNS Ventricles, CSF & Meninges	Lecture Discussion Explain using models torso, charts, slides and specimens Journal.	Short answer questions Objective type and Short notes
XI **Sense organs**	**4 Hrs** T= 2 P= 2	Describe the anatomical position, size, shape and structure of various sensory organs. List the abnormalities related to the sense organs.	Eye Ear Nose & tongue Skin	Lecture Discussion Explain using models torso, harts, slides and specimens Journal.	Short answer questions Objective type and Short notes

Physiology

Placement : First Year

Theory – 60 hours

(Class 50+ Lab 10 hours)

UNIT	HRS	LEARNING OBJECTIVES	CONTENTS	TEACHING LEARNING ACTIVITIES	ASSESSMENT METHODS
I **Cell Physiology**	T=2	Describe the physiology of cell, tissues membranes and glands	Tissue-- formation and repair. Membranes and glands functions Alteration in disease Application in nursing	Lecture discussion	Short answer questions Objective type
II **Blood**	**6Hrs** T=4 P=2	Describe the physiology of blood. Demonstrate blood, cell count, coagulation, and grouping, Hb.	Composition and functions of blood. Classification of blood cells Blood groups, blood coagulation. Hemoglobin: Structure, synthesis and breakdown, variations of molecules, etimation.	Lecture discussion Explain using charts and films Demonstration of blood cell counts, coagulation, grouping, and Hemoglobin estimation. Journal	Long answer and Short answer questions Objective type
III **Lymphatic & immuniological system.**	T=2	Describe the physiology of Lymphatic & immunological system.	Circulation of lymph. Immunity. Formation of T cells & B Cells. Types of immune response. Antigens Cytokines Antibodies.	Lecture discussion Explain using charts, and films	Short & Long Answer questions Objective type

UNIT	HRS	LEARNING OBJECTIVES	CONTENTS	TEACHING LEARNING ACTIVITIES	ASSESSMENT METHODS
IV **Muscular System**	**4Hrs** T=3 P=1	Describe the neuro muscular transmission, and demonstrate muscle contraction and tone	Neuro muscular transmission. Stimulus and nerve impulse definitions and mechanisms. Physiology of muscle contraction. Alterations in disease.	Lecture discussion Explain using charts, models, slides, specimen and films Demonstration of muscle tone and contraction Journal	Short answer questions Objective type
V **The Respiratory System**	**6Hrs** T =4 P=2	Describe the Physiology and Mechanism of Respiration Demonstrate Spirometry.	Functions of Respiratory organs. Physiology of Respiration. Pulmonary ventilation, Volume Mechanics of respiration. Gaseous exchange in lungs. Carriage of Oxygen and carbon dioxide. Exchange of gases in tissues. Regulation of respiration. Alterations in disease.	Lecture discussion Explain using charts and films Demonstration in spirometry. Journal.	Long answer and Short answer questions Objective type
VI **The Digestive System**	T =5	Describe Physiology of Digestive system. Demonstrates BMR.	Functions of organs of digestive tract. Movements of alimentary tract. Digestion in Mouth, stomach, small intestine, large intestine. Absorption of food. Functions of liver, Gall bladder & pancreas	Lecture discussion Explain using charts and films Demonstration of BMR. Journal.	Long answers And Short Answer questions. Objective type

UNIT	HRS	LEARNING OBJECTIVES	CONTENTS	TEACHING LEARNING ACTIVITIES	ASSESSMENT METHODS
VII Circulatory System	**6Hrs** T=4 P=2	Describe the functions of heart. Demonstrates B.P and pulse monitoring	Functions of heart, conduction, cardiac cycle, circulation-- Principles, control, factors influencing B.P and pulse Alterations in disease.	Lecture discussion Explain using charts and films Demonstrates measurement of pulse and B.P., Journal.	Long answer and Short answer questions Objective type
VIII_ The Excretory System.	T=5	Describe the Physiology of excretory system	Functions of kidneys, ureters , urinary bladder and urethra. Composition of urine. Mechanism of Urine formation. Structure & Functions of skin. Regulation of body temperature. Fluid and electrolyte balance. Alteration in disease.	Lecture discussion Explain using charts and films	Long answer And Short Answer questions Objective type
IX_ The Reproductive System	T=5	Describe the Physiology of Male & Female Reproductive System.	Spermatogenesis Oogenesis. Function of Female Reproductive Organ. Function of Breast, Placenta, Ovaries. Female sexual cycle. Introduction to Embryology. Functions of the Male Reproductive Organs, Male function in reproduction, Male fertility system. Alteration in disease.	Lecture discussion Explain using charts, Models, specimen and films	Short answer Questions Objective type

UNIT	HRS	LEARNING OBJECTIVES	CONTENTS	TEACHING LEARNING ACTIVITIES	ASSESSMENT METHODS
X_ **The Endocrine System.**	T=5	Describe the physiology of Endocrine Glands.	• Functions of pituitary ,thymus, thyroid, Parathyroid (Calcium Metabolism) Pancreas, Supra renal Glands. • Alteration in disease	• Lecture discussion Explain Using charts And Films	Short answer questions. Objective type.
XI **Nervous System**	**8Hrs** T=7 P=1	Describe the physiology of reflexes, brain, cranial and spinal nerves. Demonstrate reflex action .	•Functions of neurolgia and neurons •Functions of brain, spinal cord, and cranial and spinal nerves. •Cerebrospinal fluid---composition, circulation and function. •Reflex arc, reflex action and reflexes Muscle tone and posture •Autonomic functions ---Pain: somatic, visceral and referred •Autonomic learning and biofeedback • Alterations in disease	Lecture discussion Explain using charts, models, and films Demonstrates nerve stimulus, reflex action, and reflexes.	Short answer questions Objective type
XII_ **The Sensory Organs.**	**6Hrs** T=4 P=2	Describe the physiology of sensory organs.	• Functions of skin, eye, ear, nose & tongue. • Alterations in disease	Lecture discussion Explain using charts and film	Short answer questions. Objective type

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7. Sembulingam, "Essentials of Medical Physiology," 3rd Edition 2004 J.P. Publications. 10.T Clenister and Jean Rosy (1974). "Anatomy and Physiology for Nurses" 2nd Edition, William Hernmarni Medical BK. Ltd.
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Evaluation Scheme

Subject			Assessment	
Anatomy & Physiology	**Hours**	**Internal**	**External**	**Total**
Theory	3	25	75	100

Details as follows:

Internal Assessment: **Theory:** **15 Marks**
Assignment (Writing Journal): **10 Marks**
Total: **25 Marks**
(Out of 25 Marks to be send to the University)

	Anatomy	Physiology	Total Marks	Average out of
Mid-Term	25	25	50	--
Prelim	37	38	75	--
Total	--	--	125	15
Assignment (Writing Journal)	25	25	50	10
Total	--	--	--	**25 Marks**

(125 Marks from mid-term & prelim (Theory) to be converted into 15 Marks and 50 Marks from Assignment (Writing Journal) to be converted into 10 Marks)

External Assessment: **75 Marks**
(University Examination)
Section A: Anatomy: 37 Marks
Section B: Physiology: 38 Marks
Total: 75 Marks

GUIDE LINE FOR JOURNAL

ANATOMY

	Topics
1	Abdominal Region
2	The Cell
3	The Tissues – Epithelial, muscular, nervous and connective
4	Bones of appendicular skeleton – Scapula, humerus, radius, ulna
5	Bones of the axial skeleton – Hip, Femur, ankle and foot
6	The Joints
7	Principal Muscles – Deltoid, Biceps, triceps, respiratory, abdominal and gluteal
8	Respiratory System – Tracheo-broncheal tree, lungs
9	Digestive System – Stomach, Biliary tract, Pancreas, Liver (microscopic) Large intestine.
10	Circulatory System – Structure of heart, aorta and its branches, venous branches, lymph node.
11	Urinary System – gross and microscopic structure of kidney, KUB
12	Reproductive Male – testes with spermatic cord Female – uterus and its support
13	Endocrine system – Pituitary gland
14	Nervous system – Brain, ventricles, areas of cerebrum
15	Sense organs – Skin, Eye, Ear.

EVALUATION CRITERIA FOR JOURNAL: 25 marks

SN	Item	Maximum Marks	Mark allotted
1	**Description**		
	• Organization	4	
	• Adequacy of content	5	
	• Related	4	
2	**Illustration**		
	• Adequacy	4	
	• Neatness	4	
	• Presentation	4	

GUIDE LINE FOR JOURNAL

PHYSIOLOGY

SN	Topics
1	Properties of cardiac and skeletal Muscles
2	Reflex arc
3	Blood – Bleeding time, clotting time, Hb estimation, Blood Group, RBC, WBC
4	Heart Sound
5	Cardiac Cycle
6	Action Potentials, ECG
7	Spirometry
8	BMR
9	Menstrual Cycle
10	Cranial Nerves

EVALUATION CRITERIA FOR JOURNAL: 25 marks

SN	Item	Maximum Marks	Mark allotted
1	**Description**		
	• Organization	4	
	• Adequacy of content	5	
	• Related	4	
2	**Illustration**		
	• Adequacy	4	
	• Neatness	4	
	• Presentation	4	

MICROBIOLOGY

Placement : First Year **Theory -60 Hours (Theory 45+15 lab)**

Course Description : This course is designed to enable students to acquire understanding of fundamentals of Microbiology and identification of various micro-organisms. It also provides opportunities for practicing infection control measure in hospital and community setting.

Specific objectives: At the end of the course student will be able to:

1. Explain concepts and principles of microbiology and their importance in nursing.
2. Understand the commensal, opportunistic and pathogenic organisms of human body and describe host parasite relationship.
3. State the sources and modes of transmission of pathogenic and opportunistic organisms including vectors and their role in transmission of diseases.
4. Be conversant with proper methods of collection, storage and transport of clinical material for microbiological investigations.
5. Understand the principles of immunology and its application in the diagnosis and prevention of infectious diseases.

Unit	Time (Hrs)	Learning Objectives	Content	Teaching Learning Activities	Assessment
I	T=5	• Explain concepts and principles of microbiology and their importance in nursing	**Introduction :** • Importance and relevance to nursing • Historical perspective • Concepts and terminology • Principles of microbiology	• Lecture Discussion	• Short answers • Objective type
II	**15 Hrs** T=10 P=5	• Describe structure, classification morpholoyg and growth of bacteria • Identify Micro-organisms	**General characteristics of Microbes** • Structure and classification of Microbes. • Morphological types • Size and form of bacteria • Motility • Colonization • Growth and nutrition of microbes * Temperature * Moisture * Blood and body fluids • Laboratory methods for Identification of Micro-organisms • Staining techniques,	• Lecture Discussion • Demonstration	• Short answers • Objective type.

Unit	Time (Hrs)	Learning Objectives	Content	Teaching Learning Activities	Assessment
			Gram staining, Acid fast staining, Hanging drop Preparation • Culture; various medias		
III	**12 Hrs** T=10 P=2	• Describe the methods of infection control • Identify the role of nurse in hospital infection control programme	**Infection control** •Infection : Sources, portals of entry and exit, transmission. • Asepsis • Disinfection; Types and methods • Sterilization ; Types and Methods •Chemotherapy and antibiotics •Standard safety measures •Biomedical waste management •Role of Nurse •Hospital acquired infection •Hospital infection control programme * Protocols, collection of samples, preparation of report and status of rate of infection in the unit / hospital, nurse's accountability, continuing education etc.	• Lecture Discussion • Demonstration • Visits to CSSD • Clinical practices	• Short answers • Objective type
IV	**16 Hrs** T=12 P=4	• Describe the different disease producing organisms	**Pathogenic organisms** • Micro-organisms o Cocci – gram positive and gram negative o bacilli-gram positive gram negative o Spirochaete o Mycoplasms o Rickettsiae o Chlamydie • Viruses • Fungi-Superficial and Deep mycoses • Parasites • Rodents & vectors Characteristics, Source, portal of entry, transmission of infection Identification of disease producing micro-organisms Collection, handling and transportation of various specimens.	• Lecture Discussion • Demonstration • Clinical practice	• Short answers • Objective type.

Unit	Time (Hrs)	Learning Objectives	Content	Teaching Learning Activities	Assessment
V	**12 Hrs** T=8 P=4	Explain the concept of immunity, hyper sensitivity and immunization	**Immunity** • Immunity – Types, classification • Antigen and antibody reaction • Hypersensitivity – skin test • Serological tests • Immunoprophylaxis o Vaccines & sera – Types & Classi-fication, storage and handling, cold chain o Immunization for various diseases Immunization Schedule	• Lecture Discussion • Demonstration • Clinical practices	• Short answers • Objective type.

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2. Bernard D. Davis, Rentap Dalbecco Herman N. Eisen & Harold S. Ginsberg, " Microbiology", 3rd ed, A Harper International edition.
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6. Chakravarti Text book of Microbiology.
7. T. Panjratan Text Book of Microbiology in nursing, New central Bool agency Culcutta 2002.

Evaluation Scheme

Subject Microbiology	Assessment			
	Hours	**Internal**	**External**	**Total**
Theory	3	25	75	100

Details as follows:

Internal Assessment: **25 Marks**

(Out of 25 Marks to be send to the University)

Details as follows:

Theory: **15 Marks**

Mid-Term: 50 Marks
Prelim: 75 Marks
Total: 125 Marks

(125 Marks from mid-term & prelim (Theory) to be converted into 15 Marks)

Assignment: **10 Marks**

External Assessment: **75 Marks (University Examination)**

NURSING FOUNDATIONS

Placement: First year

Theory 265 hrs
Practical- 650hrs
(200 lab and 450 Clinical)

Course Description : This course is designed to help the students to develop an understanding of the philosophy, objectives, theories and process of nursing in various supervised clinical settings. It is aimed at helping the students to acquire the knowledge, understanding and skills in techniques of nursing and practice them in supervised clinical setting.

COURSE OBJECTIVEE : At the end of the course students will be able to develop:

1) Knowledge on concept of health, health-illness continuum and health care delivery system.
2) Knowledge on scope of nursing practice.
3) Knowledge on concept, theories and models of nursing practice.
4) Desirable attitude to ethics and professional conduct.
5) Skill in communicating effectively with patients and families and team members to maintain effective human relations.
6) Skill in health assessment and monitoring of patients.
7) Skill in carrying out basic nursing care procedures.
8) Skill in caring for patients with alterations in body functions.
9) Skill in applying steps of nursing process in the care of clients in the hospital and community.
10) Skill in applying scientific principles while performing nursing care.
11) Skill in documentation.
12) Skill in meeting basic psychosocial needs of the clients.
13) Knowledge on principles and techniques of infection control.
14) Confidence and competence in caring of terminally ill patients.

Theory Hours : 265

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
I	**15**	• Describe the concept of health, illness and health care agencies	Introduction • Concept of Health : Health illness continuum • Factors influencing health • Causes and risk factors for Developing illness. • Body defenses: Immunity and immunization • Illness and illness Behavior • Impact of illness on patient and family • Health care services: • Health Promotion and Prevention, Primary care , Diagnosis, Treatment, Rehabilitation and Continuing care • Health care teams • Types of health care agencies: • Hospitals: Types, Organization and Functions • Heath Promotion and levels of disease Prevention • Primary health care and its delivery: role of Nurse	• Lecture discussion • Visit to health care agencies	• Essay type • Short answers • Objectiv e type
II	**20**	• Explain concept and scope of nursing • Describe values, code of ethics and professional conduct for nurses in India	**Nursing as a profession** • Definition and Characteristics of a profession • Nursing :- o Definition , Concepts, philosophy , objectives o Characteristics, nature and scope of nursing practice o Functions of nurse o Qualities of a nurse	• Lecture discussion • Case discussion • Role plays	• Essay type • Short answers • Objective type

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			○ Categories of nursing personnel ○ Nursing as a profession ○ History of Nursing in India • Values : Definition, Types, Values Clarification and values in professional Nursing : Caring and Advocacy • Ethics : ○ Definition and Ethical Principal ○ Code of ethics and professional conduct for nurses ○ Consumer rights ○ Patients Bill of rights		
III	**4**	• Explain the admission and discharge procedure • Performs admission and discharge procedure	Hospital admission and discharge • Admission to the hospital ○ Unit and its preparation admission bed ○ Admission procedure ○ Special considerations ○ Medico-legal issues ○ Roles and Responsibilities of the nurse • Discharge from the hospital ○ Types: Planned discharge, LAMA and abscond, Referrals and transfers ○ Discharge Planning ○ Discharge procedure ○ Special considerations ○ Medico-legal issues ○ Roles and Responsibilities of the nurse ○ Care of the unit after	• Lecture discussion • Demonstra-tion • Lab Practice • Supervise clinical practice	• Essay type • Short answers • Objective type • Assess skills with check list • Clinical practical examinati on.

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			discharge		
IV	**12**	• Communicate effectively with patient, families and team members and maintain effective human relations (professional image) • Appreciate the importance of patient teaching in nursing	Communication and Nurse patient relationship • Communication : Levels , Elements, Types, Modes, Process, Factors influencing Communication o Methods of effective Communication - Attending skills - Rapport building skills o Empathy skills o Barriers to effective communication • Helping Relationships (NPR): Dimensions of ? Helping Relationships, Phases of a helping relationship • Communication effectively with patient, families and team members and maintain effective human relations with special reference to communication with vulnerable group (children ,women physically and mentally challenged and elderly) • Patient Teaching : Importance, Purposes, Process, role of nurse and Integrating teaching in Nursing process	• Lecture discussion • Role play and video film on the nurses interacting with the patient • Practice session on patient teaching • Supervised Clinical practice	• Essay type • Short answers • Objective type
V	**20**	• Explain the concept, uses, format and steps of nursing process • Documents nursing process as per the format	The Nursing Process • Critical Thinking and Nursing Judgment o Critical Thinking: Thinking and Learning. o Competencies , Attitudes for critical Thinking , Levels of critical thinking in Nursing		

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			• Nursing Process Overview: Application in Practice o Nursing process format : INC current format o Assessment - Collection of Date: Types, Sources, Methods - Formulating Nursing judgment : Data interpretation o Nursing diagnosis - Identification of client problems ‘ - Nursing diagnosis statement - Difference between medical and nursing diagnosis o Planning - Establishing Priorities - Establishing Goals and Expected Outcomes, - Selection of interventions: Protocols and standing Orders - Writing the Nursing Care Plan o Implementation - Implementing the plan of care o Evaluation - Outcome of care - Review and Modify o Documentation and Reporting		
VI	**4**	• Describe the purposes, types and techniques of recording and reporting	Documentation and Reporting • Documentation : Purpose of Recording and reporting • Communication within the Health Care Team, • Types of records; ward records, medical/nursing	•Lecture discussion •Demonstration •Practice Session •Supervised clinical practice	• Essay type • Short answers • Objective type

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			records, • Common Record-keeping forms, Computerized documentation • Guidelines for Reporting: Factual basis, Accuracy, completeness , Organization, confidentiality • Methods of recording • Reporting: Change –of shift reports, Incident reports • Minimizing legal Liability through effective record keeping		
VII	**15**	• Describe principles and techniques of monitoring and maintaining vital signs • Monitor and maintain vital signs	Vital signs • Guidelines for taking vital signs: • Body temperature: • Physiology ,Regulation Factors affecting body temperature, • Assessment of body temperature: sites, equipments and techniques, special considerations • Temperature alterations: Hyperthermia, Heatstroke, Hypothermia • Hot and cold applications • Pulse: o Physiology and regulation, Characteristics of the pulse, Factors affecting pulse o Assessment of pulse : Sites, location , equipments and technique, special considerations	• Lecture discussion • Demonstration • Practice Session • Supervised clinical practice	• Essay type • Short answers • Objective type • Assess with check list Clinical practical examination

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			○ Alterations in pulse: • Respiration: ○ Physiology and Regulation, Mechanics of breathing Characteristics of the respiration, factors affecting respiration ○ Assessment of respirations: technique, special considerations ○ Alterations in respiration • Blood pressure: ○ Physiology and Regulation, Characteristics of the blood pressure, Factors affecting blood pressure. ○ Assessment of blood pressure: sites, equipments and technique, special considerations ○ Alterations in blood pressure • Recording of vital signs		
VIII	**25**	• Describe purpose and process of health assessment • Describe the health assessment of each body system • Perform health assessment of each body system	Health assessment • Purposes • Process of Health assessment ○ Health history ○ Physical examination: - Methods-Inspection, palpation ,Percussion, Ausculatation Olfaction - Preparation for examination : Patient and unit - General assessment - Assessment of each body system - Recording of health assessment	•Lecture discussion •Demonstration •Practice Session •Supervised Clinical practice	• Essay type •Short answers •Objective type
IX	**5**	• Identifies the various machinery	Machinery ,Equipment and linen • Types: Disposables and	•Lecture discussion •Demonstration	•Essay type •Short

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
		equipment and linen and their care	Re-usables-Linen, rubber goods, glass ware, metal , plastics, furniture, machinery • Introduction: o Indent o Maintenance o Inventory		answers •Objective type
X	55	•Describe the basic, physiological and psychosocial needs of patient •Describe the principles and techniques for meeting basic, Psychosocial and Psychosocial needs of patient •Perform nursing assessment, plan, implement and evaluate the care for meeting basic, physiological and psychosocial needs of patient	Meeting needs of patient • Basic needs (Activities of daily living) - Maslow's hierarchy of Needs o Providing safe and clean Environment: - Physical-environment: Temperature, Humidity, Noise, Ventilation, light, Odor, pests control - Reduction of Physical hazards: fire, accidents - Safety devices: Restraints, side rails, airways, trapez etc. - Role of nurse in providing safe and clean environment o Hygiene: - Factors Influencing Hygienic Practice - Hygienic care : Care of the Skin-Bath and pressure points, feet and nail, Oral cavity, Hair care , Eyes, Ears and Nose ▪ Assessment , Principles Types, Equipments, Procedure, Special Considerations - Patient environment: Room Equipment and lines, making patient beds	•Lecture discussion •Demonstration •Practice sessions •Supervise •Clinical practice	• Essay type • Short answers • Objective type • Assess with check list and clinical practical examination

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			▪ Types of beds and bed making o Comfort: - Factors Influencing Comfort - Comfort devices •Physiological needs: o Sleep and Rest: - Physiology of sleep - Factors affecting sleep - Promoting Rest and sleep - Sleep Disorders o Nutrition: - Importance - Factors affecting nutritional needs - Assessment of nutritional needs: Variables - Meeting Nutritional needs: Principals, equipment procedure and special considerations ▪ Oral ▪ Enteral: Naso/Oro-gastric, gastrostomy o Urinary Elimination - Review of Physiology of Urine Elimination , Composition and characteristics of urine - Factors Influencing Urination - Alteration in Urinary Elimination - Types and Collection of urine specimen: Observation, urine testing - Facilitation urine elimination: assessment, types, equipments,		

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			procedures and special considerations ▪ Providing urinal/bed pan ▪ Condom drainage ▪ Perineal care Bowel Elimination - Review of Physiology of Bowel elimination , composition and characteristics of faces - Factors affecting Bowel elimination - Alteration in Bowel elimination - Type and Collection of specimen of faces: Observation - Facilitation bowel elimination: assessment, equipments procedures and special considerations ▪ Passing of Flatus tube ▪ Enemas ▪ Suppository ▪ Sitz bath ▪ Bowel wash Mobility and Immobility - Principles of Body Mechanics - Maintenance of normal body Alignment and mobility - Factors affecting body Alignment and mobility - Hazards associated with immobility - Alteration in body Alignment and Mobility - Nursing		

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			interventions for impaired Body Alignment and Mobility: Assessment, types, devices used method and special considerations. Rehabilitation aspects ▪ Range of motion exercises ▪ Maintaining body alignment : Positions ▪ Moving ▪ Lifting ▪ Transferring ▪ Walking ▪ Restraints o Oxygenation - Review of Cardiovascular and respiratory Physiology - Factors Affecting Oxygenation - Alteration in oxygenation - Nursing Intervention in oxygenation: assessment, types, equipment used, procedure and special considerations ▪ Maintenance of patent airway ▪ Oxygen administration ▪ Inhalations : Dry and moist ▪ Chest Physiotherapy and postural drainage ▪ Pulse oximetry ▪ CPR-Basic life support o Fluid, Electrolyte, and Acid Base Balances - Review of Physiological Regulation of Fluid, electrolyte, and Acid		

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			Base Balance - Factors Affecting Fluid Electrolyte, and Acid Base Balance - Nursing intervention in Fluid, Electrolyte and Acid - Base Imbalances : assessment, procedure and special considerations ▪ Measuring fluid intake and output ▪ Correcting Fluid Electrolyte imbalance : • Psychosocial Needs o Concepts of Cultural Diversity, Stress and adaptation, Self- Health, Coping with loss, death & grieving o Assessment of psychosocial needs o Nursing intervention for Psychosocial needs - Assist with coping and adaptation - creating therapeutic environment o Recreational and divers ional therapies		
XI	**20**	Describe principles and techniques for infection control and biomedical waste management in supervised Clinical setting	Infection control in Clinical setting • Infection control o Nature of infection o Chain of infection transmission o Defenses against infection : natural and acquired o Hospital acquired infection (Nosocomial infection) • Concept of asepsis: medical asepsis and surgical asepsis • Isolation precautions (Barrier nursing) o Hand washing: simple,	• Lecture discussion • Demonstration • Practice session • Supervised Clinical practice	

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			hand antisepsis and surgical antisepsis (scrub) o Isolation: source and protective o Personal protecting equipments: types, uses and technique of wearing and removing o Decontamination of equipment and unit o Transportation of infected patients o Standard safety precautions(Universal precautions) o Transmission based precautions		
XII	**25**	• Explain the principles, routes, effects of administration of medications • Calculate conversions of drugs and dosages within and between systems of measurements • Administer drugs by the following routs- oral, inhalation	Administration of Medications • General Principles/Consideration o Purposes of Medication o Principles: 5 rights, Special considerations, Prescription Safety in administering Medications and Medication errors o Drug forms o Routes of administration o Storage and maintenance of drugs and Nurses responsibility o Broad classification of drugs o Therapeutic Effect, Side Effects, Toxic effects Idiosyncratic Reactions, Drug Tolerance, Drug Interactions, o Factors Influencing drug Actions, o Systems of Drug Measurement: Metric system, Apothecary system, Household Measurements, Solutions. o Converting	• Lecture • discussion • Demonstration • Practice session • Supervised • Clinical practice	• Essay type • Short answers • Objective type • Assess with check list and clinical practical examination

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			Measurements Units: conversion within one system, conversion between systems, Dosage Calculation. o Terminologies and abbreviations used in prescriptions of medication • Oral Drugs Administration: Oral , sublingual and Buccal : Equipment, procedure • Topical Administration : Purposes, site equipment procedure special considerations for o Application to Skin o Application to mucous membrane • Direct application of liquids – Gargle and swabbing the throat • Insertion of Drug into body cavity: Suppository / medicated packing in rectum / vagina • Inhalation : Nasal, oral, endo tracheal / tracheal (steam oxygen and medications) purposes, types, equipment procedure, special considerations o Recording and reporting of medications administered		
XIII	**10**	• Prepare post operative unit • Apply Bandages Slings. • Apply heat and cold	o Recovery Unit o Post operative unit o Postoperative care surgical asepsis o Application of Bandages, Binders, Splints, Slings o Heat and cold Therapy	• Lecture • Discussion Demonstration	
XIV	**15**	• Explain care of patients	Meeting special needs of the patient	• Lecture • Discussion	

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
		having alterations in body functioning	• Care of patients having alteration in o Temperature (hyper and hypothermia) : Types, Assessment, Management o Sensorium (Unconsciousness) : assessment, Management o Urinary Elimination (retention and unconsciousness)Assessment , Management o Functioning of sensory organs: (visual & hearing impairment) o assessment of self- Care ability o communication Methods and special considerations o Mobility (physical challenged, cast) assessment of self-care ability: Communication Methods and special considerations o Mental state (mentally challenged) , assessment of Self-Care ability; o Communication Methods and special considerations o Respiration (distress);Types, Assessment, Management o Comfort-(pain)-Nature, Types, Factors influencing pain, coping ,Assessment; Management	Demonstration	
XV	**10**	• Explain care of terminally ill patient	Care of Terminally ill patient o Concepts of Loss, Grief grieving process o Signs of clinical death o Care of dying patient;	• Lecture Discussion • Demonstrations • Case discussion/Role	• Essay type • Short Answers

Unit	Hrs	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			special considerations -Advance directives: euthanasia will dying declaration ,organ donation etc o Medico-legal issues o Care of dead body: o Equipment, procedure and care of unit o Autopsy o Embalming	play • Practice session • Supervised • Clinical practice	• Objective type
XVI	**10**	• Explain the basic concepts of conceptual and theoretical models of nursing	Professional Nursing concepts and practices • Conceptual and theoretical models of nursing practice: Introduction to models- holistic model, health belief model , health promotion model etc • Introduction to Theories in Nursing ; Peplau's , Henderson's Orem's , Neumann's Roger's and Roy's • Linking theories with nursing process • Complimentary and alternate healing techniques.	• Lecture Discussion	• Essay type • Short Answers

NURSING FOUNDATIONS- PRACTICAL

Placement: First Year **Practical 650hours**
(200 lab and 450 clinical)

Course Description: This course is designed to help he students to develop an understanding of the philosophy, objectives, theories and process of nursing in various clinical settings. It is aimed at helping the students to acquire knowledge, understanding and skills in techniques of nursing and practice them in clinical settings.

Areas	(Hrs)	Objective	Skills	Assignments	Assessment Methods
Demonstration Lab General Medical and surgery ward	10	• Performs admission and discharge procedure	**Hospital admission and discharge (III)** • Admission • Prepare Unit for new patient • Performs admission procedure • New patient • Transfer in • Prepare patient records **Discharge/ Transfer out** • Gives discharge counseling • Perform discharge procedure (Planned discharge, LAMA and abscond, Referrals and transfers) • Prepare records of discharge/ transfer • Dismantle, and disinfect unit and equipment after discharge / transfer **Perform assessment**: • History taking, Nursing diagnosis, problem list,	• Practice in Unit/ hospital	• Evaluate with check list • Assessment of clinical performance with rating scale • Completion of Practical record
	17			• Write nursing Process records of patient • Simulated -1 • Actual-1	• Assessment of nursing process records with checklist • Assessment of actual care given with rating

Areas	(Hrs)	Objective	Skills	Assignments	Assessment Methods
			Prioritization, goals & Expected Outcomes, selection of interventions • Write Nursing care plan • Gives care as per the plan		scale
	10 20 15	• Communicate effectively with patient, families and team members and • Maintain effective human relations • Prepare patient reports • Presents Reports • Monitor vital signs • Perform health assessment of each body system	**Communication** • Use verbal and non verbal communicatio n techniques **Prepare a plan for patient teaching session** **Write patient report** • Change pf shift reports Transfer reports, Incident reports etc. • Presents patient Report **Vital signs** • Measure, Records and interpret alterations in body temperature , pulse respiration and blood pressure **Health assessment** • Health history taking • Perform assessment: • General • Body systems • Use various methods of	• Role – plays in simulated situations on communicat ion • Write nurses notes and present the patient report of 2-3 assigned patient. • Lab practice • Measure vital signs of assigned patient	• Asses role plays with the checklist on communi-cation techniques • Assesmen t of communi-cation techniques by rating scale • Assessme nt of perform-mance with rating scale • Assessme nt of each skill with checklist • Completi on of activity record

Areas	(Hrs)	Objective	Skills	Assignments	Assessment Methods
			physical examination • Inspection, Palpation, Percussion, Auscultation, Olfaction • Identification of system wise deviations		

Areas	(Hrs)	Objective	Skills	Assignments	Assessment Methods
	10	• Provide basic nursing care to patients	**Prepare Patient's unit:** • Prepare beds: o Open , closed , Occupied, operation , amputation, o Cardiac, fracture, burn, Divided, & Fowlers bed • Pain assessment and provision for comfort	• Practice in lab & hospital • Simulated exercise on CPR manikin	• Assessment of each skillwith rating scale • Completion of activity record
	14		**Use comfort devices** **Hygienic care:** • Oral hygiene: • Baths and care of pressure points • Hair wash, Pediculosis Treatment		
	7		**Feeding** : • Oral, Enteral, Naso Orogastirc. • Naso-gastric insertion, suction, and irrigation		
	5		**Assisting patient in urinary elimination** • Provides urinal/ bed pan • Condom drainage • Perineal care • Catheterization • Care of urinary drainage		
	6		**Assisting bowel Elimination**: • Insertion of flatus tube • Enemas		

Areas	(Hrs)	Objective	Skills	Assignments	Assessment Methods
	8		• Insertion of Suppository • Bowel wash **Body Alignment and Mobility:** o Range of motion exercises o Positioning: Recumbent, Lateral (rt/lt) , Fowlers, Sims, Lithotomy, Prone, Trendelenburg , position		
Field visit Field visit	8 5 5 8 1 3		o Assist patient in Moving, lifting transferring, walking o Restraints **Oxygen administration Chest physiotherapy and postural drainage** **CPR- Basic life support** **Collect/ assist for collection of specimens for investigations** Urine, sputum, faces, vomitus blood and other body fluids Perform lab tests: • Urine: Sugar, albumin, acetone • Blood: sugar (with strip/ gluco meter) **Hot and clod applications:** local and general sitz bath Communicating and assisting with self care of visually & hearing impaired patients Communicating and assisting with self care of mentally challenged / disturbed patients **Recreational and diversional therapies** **Caring of patient with alteration in sensorium**		

Areas	(Hrs)	Objective	Skills	Assignments	Assessment Methods
	10 5 10	• Perform infection control procedures	**Infection control** • Perform following procedures: o Hand washing techniques o (Simple, hand antisepsis and surgical antisepsis (scrub) o Prepare isolation unit in lab/ ward o Practice technique of wearing and removing personal protective equipment (PPE) o Practice standard safety precautions (Universal precautions) **Decontamination of equipment and unit:** • Surgical asepsis; o Sterilization o Handling sterilized equipment o Calculate strengths of lotions, o Prepare lotions • Care of articles • **Application of Bandages, Binders, splints & slings.** • Bandaging of various body parts	• Observation study-2 • Department of infection control & CSSD • Visits CSSD write observation report 1 • Collection of samples for culture • Do clinical posting in infection control department and write report Practice in lab/ward	• Assess observation study with checklist • Evalutall procedures with checklist
	18	• Administer drugs	• **Administration of medications** • Administer Medications in different forms and routes • Oral, Sublingual and Buccal • Drug measurements and dose calculations • Preparation of lotions and solutions • Administers topical Applications • Insertion of drug into body cavity: Suppository &		

Areas	(Hrs)	Objective	Skills	Assignments	Assessment Methods
			medicated packing etc. • Inhalations: dry and moist		
	3	• Provide care to dying and dead • Counsel and support relatives	**Care of dying patient** • Caring and packing of dead body • Counseling and supporting grieving relatives Terminal care of the unit		

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Evaluation Scheme :

Subject Nursing Foundation	Assessment			
	Hours	**Internal**	**External**	**Total**
Theory	3	25	75	100
Practical & Viva Voce		100	100	200

Details as follows:

Internal Assessment (Theory): 25 Marks
Internal Assessment (Practicum): 100 Marks
(Out of 125 Marks to be send to the University)

Details as follows:

Internal Assessment (Theory): 25 Marks
Mid-Term: 50 Marks
Prelim: 75 Marks
Total: 125 Marks
(125 Marks from mid-term & prelim (Theory) to be converted into 25 Marks)

Internal Assessment (Practicum): 100 Marks

Nursing Foundation Practical & Clinical Assignment	Clinical evaluation – 1 (Medical)	100 Marks
	Clinical evaluation – 1 (Surgical)	100 Marks
	Nursing care plan – 2	50 X 2 = 100 Marks
	Procedure evaluation	50 Marks

Internal Practical Examination & Viva voce	Midterm	50 Marks
	Pre - Final Examination	75 Marks
	Total Marks	**475 Marks**

(475 Marks from practicum to be converted into 100 Marks)

External Assessment: **175 Marks**
(University Examination)
Theory: 075 Marks
Practical & Viva Voce: 100 Marks
Total: **175 Marks**

EVALUATION CRITERIA:

PRACTICAL EXAMINATION UNIVERSITY Total marks 100

INTERNAL EXAMINER : 50
- Procedure evaluation : 30
- Viva voce : 20

EXTERNAL EXAMINER : 50
- Nursing Process : 30
- Viva voce : 20

GUIDELINES FOR CLINICAL / PRACTICAL EXPERIENCE

(FOUNDATIONS OF NURSING)

1] CONTENTS OF NURSING PROCEDUER BOOK

I st year	Date		Signature
	Class room	Ward	
FUNAMENTALS OF NURSING			
A. Comfort Measures :			
1. **Bed making**			
a. Open bed			
b. Occupied bed			
c. Post-operative bed			
2. **Nursing Positions**:			
a. Lateral			
b. fowler's			
c. Sims, Recumbent			
3. **Changing the position of a helpless patient**			
4. **Use of comfort devices**			
a. Use of cardiac table			
b. Use of bed cradle			
B. Hygienic Needs:			
1. Hand Washing			
2. Bed bath			
3. Care of nails and feet			
4. Care of Pressure points			
5. **Oral Hygiene**			
a. Helpless patient			
b. Unconscious patient			
6. **Care of hair**			
a. Pediculosis treatment			
b. Bed shampoo			
C. Nutritional Needs:			
1. **Preparation and serving of Diet**			
a. Fluid			
b. Soft solid			
2. Maintenance of intake and output record			
3. Feeding a helpless patient			
4. Feeding by different methods			
a. Nasogastric feeding			
D. Elimination Needs:			
1. Cleansing Enema			
2. Bowel wash			
3. Suppositories			
4. Use of flatus tube			
5. Bowel Irrigations			

I st year	Date		Signature
	Class room	Ward	
E. Specific Observational Skills:			
1. **Measuring & Recording of Vital Signs**			
a. Temperature : I. Oral			
II. Rectal			
III. Axillary			
b. Pulse			
c. Respiration			
d. Blood Pressure			
2. **Physical examination**			
Setting up & assisting for			
a. General examination			
b. Rectal examination			
F. Diagnostic Procedures:			
1. **Collection of specimens**			
a. Farces			
b. Sputum			
c. Urine I. Routine			
II. 24 Hours			
III. Culture			
2. **Urine Testing**			
a. Albumin			
b. Specific gravity			
c. Reaction			
d. Sugar			
e. Ketone			
A. Hot & Cold application & Therapeutic Measures			
1. Hot water bag			
2. Ice cap			
3. Cold sponge			
4. Cold compress			
5. Simple fomentation			
H. Medication and Therapeutic Measures:			
1. Oral medication			
2. Steam Inhalation			
3. Oxygen inhalation			

I year	Date		Signature
	Class room	Ward	
I. General procedures:			
1.Admission of a patient			
2. Discharge of a patient			
3. Transfer of a patient			
4. Lifting and transporting patients			
a. By stretcher			
b. By Wheelchair			
5. Active & Passive exercise			
6. Deep Breathing exercise			
J. Nursing Process:			
1. Simple history taking			
2. General physical examination			
3. Planning of care			
4. Writing Nursing care plans			
K. Bandages:			
1. Circular turn			
2. Spiral turn			
3. Spiral reverse			
4. Figure of eight			
5. Spica			
a. Shoulder, Hip, Ankle, Thumb, Finger,			
Caplin , Stump			
b. Bandaging of eye, Ear ,Jaw, Arm sling,			
Cuff and collar			
c. Triangular Bandage			
L. Binders			
1. Abdominal Binder			
2. Breast Binder			
M. Death care			

Signature of Supervisor _____ Date_____

Signature of Principal _____ Date_____

2] FORMAT FOR HISTORY TAKING (CLINICAL EXPERIENCE)

I DEMOGRAHIC DATA

NAME :- AGE :- SEX

MARITAL STATUS : RELIGION

EDUCATION :

OCCUPATION INCOME :

ADDRESS :

II CHIEF COMPLANINTS / PRESENT MEDICAL HISTORY

III PAST MEDICAL HISTORY :-

IV PAST SURGICAL HISTORY :-

V MENSTRUCAL HISTORY (FEMALES) :-

VI FAMILY HISTORY :-

SN	Name of family Members	Age	Sex	Relation with patient	Occupation	Health status	Health habits

VII DIETARY HISTORY :-

VIII HEALTH HABITS :-

X SOCIO ECONOMIC HISTORY :-

XI PHYSICAL ASSESSMENT :- Head to foot assessment
- Interpretation of data.
- Nursing diagnosis.
- Proposed nursing care plan.

3] ADULT ASSESSMENT FORMAT
General information:

Name_____

Age_____ Sex _____

occupation_____ IP No._____

Admission date_____ Time_____

Diagnosis_____

History of other illness/operation/ Allergy_____

General appearance: Body built (thin / Well / obese)

Posture :_____ grooming :_____

Habits : smoking/ alcohol/drug abuse/other

Behavior : Normal / Relaxed /Anxious/Distressed/Depressed/Withdrawn.

Level of Consciousness : Conscious/Confused/Semiconscious/Unconscious

Assessment of Daily Activities.

ADL	Subjective data(report)	Objective data(exhibits)	Nursing diagnosis
ACTIVITY	Usual Activities	Uses aids	
	Gait	Coordinated / uncoordinated	
	Limitations	Immobile / Partial ambulatory Ambulatory	
	Sleep	Insomnia / Sleep apnea / other	
	Body movement	Purposeful movement / tremor	
	Deformities	Handicap Grasp / muscle strength and grade Deep tendon reflex Cutaneous reflex	
COMMUNICATION	Eyes- vision loss	Color, vision acuity	
	Wears glasses / Aid	Visual fields / normal / limited	
	Conjunctiva Corneal reflex	Pale / yellow / Red / other Pupil reaction : present /absent Infection : present /absent	
	Ears - Hearing loss	Hearing Acuity	
	Speech – Problems	Communication Verbal / nonverbal relevant / irrelevant	
	Skin	Temperature, color / texture / turgor / Any other Response to touch (painful stimuli, hot / cold)	
	Nose	Sense of smell	
	Pain	Facial grimacing / guarding	

ADL	Subjective data(report)	Objective data(exhibits)	Nursing diagnosis
N U T R I T I O N	Usual diet Eating (Likes & dislikes) Drinking Anorexia Nausea/vomiting Swallowing	Weight height / BMI Recent changes Vomitus I.V. infusion NGT Gag reflex : present / absent	
E L I M I N A T I O N	Usual bowel pattern Bleeding/constipation Diarrhea Uses laxatives Urine Frequency Difficulty Menstruation(Female)	Bowel sounds/abdominal girth Feces Urine-amount/ color Drainage On CBD/condom I&O chart Bleeding Dysmenorrhoea LMP	
R E S P I R A T I O N	Cough Sputum Smoking	Dry / productive Respiratory rate Dyspnoea Cyanosis Sputum (color, consistency, amount) On Auscultation Breath sounds (Rales / Rhonchi / wheezes / pleural friction rub) Chest expansion (Equal / unequal) Oxygen saturation (optional) ABG (optional) use of Anesthetics	
C I R C U L A T I O N	Chest pain, numbness Tingling Extremities	Heart rate Edema Bleeding Wound BP…….. HB…… Peripheral pulse… Color-temperature Nail beds Capillary refill Lesion Lymph nodes	

ADL	Subjective data(report)	Objective data(exhibits)	Nursing diagnosis
H Y G I E N E	Skin- wound Mouth/teeth Dirty/odor/Teeth Hair, scalp	Clean / unclean / body odour Drainage / odour Dentures / Swallowing Halitosis / dental caries / any other Lice / dandruff / lesions / other	
EGO integrity	Clam. Anxious Sighs deeply	Calm / tensed / Anxious / relaxed Excited / dull / restless Fearful / nervous	

Remarks : Interpretation of above data

- Proposed nursing care plan.
-Discharge plan :

Signature of Nurse.

Date :

3] <u>FORMATE FOR NURSING CARE PLAN</u>

Name of the Patient _____

Age _____ Reg. No. _____ Date & Time Of Admission

Sex Bed No. _____ Diagnosis :

Dr's Unit Ward no _____ Surgery & Date of surgery

Marks : 50

Assessment (12)		Nursing Diagnosis (3)	Goal (2)	Outcome Criteria (2)	Nursing Intervention (15)	Rationale (3)	Evaluation (3)
Subjective	Objective						

Nurses notes / Progress report of the patient – (10)

Signature of Nurse.

Date :

GUIDELINE FOR CLINICAL ASSESSMENT OF STUDENT

(FOUNDATIONS OF NURSING)

CLINICAL ASSESSMENT FORM

Students Name :- Hospital :-

Group / Year :- Unit / Ward :-

Students Number :- From to

Max 100 marks

SN	PERFORMANCE CRITERIA	(5) Excellent	(4) very Good	(3) Good	(2) Satisfactory	(1) Poor	Remarks
	Nursing Process (75)						
I	**Assessment and Nursing Diagnosis (15)**						
1.1	Collects data accurately						
1.2	Identifies & Categorizes basic Needs of Patients						
1.3	Formulates Nursing Diagnosis						
II	**Planning (15)**						
2.1	Prioritizes patients needs						
2.2	Plans nursing action for each of need						
2.3	States rationale for nursing action						
III	**Implementation (20)**						
3.1	Implements nursing care Accurately and safely with in given time						
3.2	Applies scientific Principles						
3.3	Maintains safe and comfortable environment						
3.4	Gives health teaching as per plan to the patients / family						
IV	**Evaluation (10)**						
4.1	Evaluate patient's response to nursing care						
4.2	Reexamines & Modifies care plan						
V	**Documentation (15)**						
5.1	Records patient information accurately						
5.2	Report patient information accurately						
5.3	Maintains self up to date						

SN	PERFORMANCE CRITERIA	(5) Excellent	(4) very Good	(3) Good	(2) Satisfactory	(1) Poor	Remarks
	Professional Conduct – (25)						
VI	**Uniform and Punctuality**						
6.1	Always well groomed, neat & conscious about professional appearance						
6.2	Is always punctual in Clinical & completing assignments						
6.3	Readily accepts responsibility for own behavior & has initiative						
VII	**Communication skills**						
7.1	Establishes & Maintains effective working / communication relationship with patients and family						
7.2	Establishes good inter personal relationship with members of health team / supervisors / Teachers						
	Total Marks						

Comment / Remarks by Teacher / Supervisor:

_____ _____

_____ _____

_____ _____

_____ _____

Total marks 100

Total marks obtained

Signature of Teacher

Date :

Evaluation is seen and discus by the student

Signature of student

Date of Sign

FOUNDATIONS OF NURSING

GUIDELINES FOR UNIVERSITY PRACTICAL AND ORAL EXAMINATION

INTERNAL EXAMINER Maximum 50 marks

SN	NURSING PROCEDURE	Total marks	Marks allotted	Remarks
I	***Planning and Organizing***	**10**		
	1-Preparation – day	06		
	2-Environment	02		
	3-Preparation of patient	02		
II	***Execution of Procedure***	**14**		
	1-Applies scientific principles	06		
	2-Proficiency in skill	06		
	3-Ensures sequential order	02		
III	***Termination of procedure***	**06**		
	1-Makes patient comfortable	02		
	2-Reports & Records	02		
	3-After care of articles	02		
	TOTAL	**30**		
	VIVA			
	1-Knowledge related to Principles	06		
	2-Equipment & Articles	06		
	3-Medical & Surgical asepsis	04		
	4-Bandaging	04		
	TOTAL	**20**		

Date :- **Signature of the Internal Examiner**

(Refer to examination section)

FOUNDATIONS OF NURSING

GUIDELINES FOR UNIVERSITY PRACTICAL AND ORAL EXAMINATION

EXTERNAL EXAMINER Maximum 50 marks

	NURSING PROCESS	Total marks	Marks allotted	Remarks
1	Assessment	06		
2	Nursing Diagnosis	04		
3	Goal	02		
4	Outcome criteria	02		
5	Nursing intervention	06		
6	Rationale	04		
7	Evaluation	02		
8	Nurses notes	04		
	TOTAL	**30**		
	VIVA			
1	Knowledge of Drugs and Solutions	04		
2	Assessment data	06		
3	Dietary management	04		
4	Health education	06		
	TOTAL	**20**		

Date :- **Signature of the External Examiner**

Refer – examination section

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES

FOUNDATIONS OF NURSING
PRACTICAL / ORAL MARK LIST

NAME OF THE EXAMINATION : MONTH :- YEAR :-

FIRST YEAR B.SC. NURSING:- MARKS :-

SUBJECT :- NURSING FOUNDATION PAPER :-

CENTRE :-

Seat No.	Internal examiner		External examiner		Grand Total
	Procedure	Viva voce	Nursing process	Viva voce	
	30	20	30	20	100

Signature of the Internal Examiner
Signature of the External Examiner

NUTRITION & BIOCHEMISTRY

Nutrition

Placement: First Year **Theory 60-hours**
(Class 45 + lab 15)

Course Description: The Course is designed to assist the students to acquire knowledge of the normal biochemical composition and functioning of human body and understand the alterations in biochemistry in diseases for practice of nursing.

Specific objectives: At the end of the course the students will be able to

1. To Understand the concept of nutrition & health.
2. Understand different types of nutrients, their importance, sources, functions and problems due to deficiency.
3. To plan balanced diet for individuals and groups.
4. Plan menu efficiently.
5. Explain methods of effective cooking and food preservation.
6. Apply the principles of food preparation in the practical field effectively

Unit	Time (Hrs)	Learning objectives	Content	Teaching Learning Activities	Evaluation
I	**T=4**	• Describe the relationship between nutrition & Health.	Introduction • Nutrition: ▫ History ▫ Concepts • Role of nutrition in maintaining health • Nutritional problems in India • National nutritional policy • Factors affecting food & nutrition : socio-economic, cultural, tradition, production, system of distribution, life style & food habits etc • Role of food & its medicinal value • Classification of foods • Food standards • Elements of nutrition: macro and micro • Calorie, BMR	• Lecture Discussion • Explaining using charts • Panel Discussion	• Short answers • Objective type

Unit	Time (Hrs)	Learning objectives	Content	Teaching Learning Activities	Evaluation
II	**T=2**	• Describe the classification, functions, sources and recommended daily allowances (RDA) of carbohydrates	**Carbohydrates** • Classification • Caloric value • Recommended daily allowances • Dietary sources. • Functions • Digestion, absorption and storage, metabolism of carbohydrates • Malnutrition: Deficiencies and Over consumption	• Lecture Discussion • Explaining using charts	• Short answers • Objective type
III	**T=2**	• Describe the classification, functions, sources and recommended daily allowances (RDA) of Fats.	**FATS** • Classification • Caloric value • Recommended daily allowances • Dietary sources. • Functions • Digestion, absorption and storage, metabolism * Malnutrition: Deficiencies and Over consumption	• Lecture Discussion • Explaining using charts	• Short answers • Objective type
IV	**T=4**	• Describe the classification, functions, sources and recommended daily allowances (RDA) of Proteins.	**Proteins** • Classification • Caloric value • Recommended daily allowances • Dietary sources. • Functions • Digestion, absorption and storage, metabolism of carbohydrates * Malnutrition: Deficiencies and Over consumption	• Lecture Discussion • Explaining using charts	• Short answers • Objective type
V	T=4	• Describe the classification, functions, sources and	**Energy** • Unit of Energy -Kcal • Energy requirements of different categories of	• Lecture Discussion • Explaining using charts • Exercise Demonstration	• Short answers • Objective type

Unit	Time (Hrs)	Learning objectives	Content	Teaching Learning Activities	Evaluation
		recommended daily allowances (RDA) of Energy.	people. • Measurements of energy • Body Mass Index (BMI) and basic metabolism • Basal Metabolic Rate (BMR) - determination and factors affecting		
VI	**T=4**	*Describe the classification, functions, sources and recommended daily allowances (RDA) of Vitamins.	**Vitamins** • Classification • Recommended daily allowances • Dietary sources. • Functions • Absorption, synthesis, metabolism storage & excretion • Deficiencies • Hypervitaminosis	• Lecture Discussion • Explaining using charts	• Short answers • Objective type
VII	**T=4**	Describe the classification, functions, sources and recommended daily allowances (RDA) of Minerals.	**Minerals** • Classification • Recommended daily allowances • Dietary sources. • Functions • Absorption, synthesis, metabolism storage & excretion • Deficiencies • Over consumption and toxicity	• Lecture Discussion • Explaining using charts	• Short answers • Objective type
VIII	**T=3**	Describe the sources, functions and requirements of water & electrolytes	**Water & electrolytes** • Water: Daily requirements, regulation of water metabolism, distribution of body water, • Electrolytes: Types, sources, composition of body fluids. • Maintenance of	• Lecture Discussion • Explaining Using charts	• Short answers • Objective type

Unit	Time (Hrs)	Learning objectives	Content	Teaching Learning Activities	Evaluation
			fluid & electrolyte balance • Over hydration, dehydration and water intoxication • Electrolyte imbalances		
IX	**10 Hrs** T=5 P=5	*Describe the Cookery rules and preservation of nutrients * Prepare & serve simple beverages & different types of foods	**Cookery rules and preservation of nutrients** • Principles, methods of cooking and serving ❑ **Preservation of nutrients** • Safe food handling – toxicity • Storage of food • Food preservation, food additives and its principles • Prevention of food adulteration Act(PFA) • Food standards	• Lecture Discussion • Demonstration • Practice session	• Short answers • Objective type • Assessment practice sessions
X	**10 Hrs** T=0 P=10	• Describe and plan balanced diet for different categories of people	**Balance diet** • Elements • Food groups • Recommended Daily Allowance • Nutritive value of foods • Calculation of balanced diet for different categories of people • Factors influencing food selection, marketing and budgeting for various cultural and socioeconomic group • Planning menu • Introduction to	• Lecture Discussion • Explaining using charts • Practice session • Meal Planning	• Short answers • Objective type • Exercise on menu planning

Unit	Time (Hrs)	Learning objectives	Content	Teaching Learning Activities	Evaluation
			therapeutic diets: Naturopathy-Diet • Demonstration: Fluid diet, Egg flip, Soup, barley water, whey water Soft diet: custard, Caramel custard, kanji, jelly Semisolid diet: Khichadi, mashed potatoes, kheer		
XI	**T=4**	• Describe various national programmes related to nutrition • Describe the role of nurse in assessment of nutritional status & nutrition education.	**Role of nurse in nutritional Programmes** • National programmes related to nutrition • Vitamin A deficiency programme • National iodine deficiency disorders (IDD) programme • Mid-Day meal programme • Integrated child development scheme (ICDS) • National and International agencies working towards food/nutrition • NIPCCD, CARE, FAO, NIN, CFTRI (Central food technology & research institute) etc. • Assessment of nutritional status • Nutrition education and role of nurse	• Lecture Discussion • Explaining with • Slide/film shows • Demonstration of Assessment of nutritional status	• Short answers • Objective type

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1) Shubhangi Joshi, *Nutrition and Dietetics* 2nd edition, Tata McGraw – Hill publishing company Limited, New Delhi, 2002.
2) Dr. M. Swaminathan, *Handbook of Food and Nutrition*, The Banglore printing and publishing Co. Ltd. (Banglore press) 2004.

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4) Joshi V.D. Handbook of *Nutrition and Dietetics* vora medical publications, 1999.
5) Kusum Gupta (L. C.Guple, Abhishek Gupta) *Food and Nutrition Facts and Figures*, 5th edition Jaypee brothers Medical publications (P) Ltd., New Delhi, India 2003.
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7) Antia – Clinical Dietetics and Nutrition, ed., 4th.

Biochemistry

Placement: First Year **Theory – 30 hours**

Course Description: The Course is designed to assist the students to acquire knowledge of the normal biochemical composition and functioning of human body and understand the alterations in biochemistry in diseases for practice of nursing.

Specific objectives: at the end of the course the students will be able to:
1) To understand normal biochemistry of human body
2) To understand biochemical changes occurring in illness
3) To assist with simple biochemical test, interpret the results and draw inference.

Unit	Time (Hrs)	Objectives	Content	Teaching Learning Activities	Assessment methods
I	3	• Describe the structure Composition and functions of cell • Differentiate between Prokaryote and Eukaryote cell • Identify techniques of Microscopy	**Introduction** • Definition and significance in nursing. • Review of structure, Composition and functions of cell. • Prokaryote and Eukaryote cell organization • Microscopy	• Lecture discussion using charts, slides • Demonstrat e use of microscope	• Short answer questions • Objective type.
II	6	• Describe the Structure and functions of Cell membrane	Structure and functions of Cell membrane • Fluid mosaic model tight junction, Cytoskeleton • Transport mechanism: diffusion, osmosis, filtration, active channel, sodium pump. • Acid base balance- maintenance & diagnostic tests. o PH buffers	• Lecture Discussion	• Short answer questions • Objective type.
III	6	• Explain the metabolism of carbohydrates	**Composition and metabolism of carbohydrates** • Types, structures, composition and uses. o Monosaccharides , Disaccharides,	• Lecture discussion • Demonstrati on of blood glucose monitoring	• Short answer questions • Objective type.

Unit	Time (Hrs)	Objectives	Content	Teaching Learning Activities	Assessment methods
			Polysaccharides, Oligosaccharides • Metabolism o Pathways of glucose : - Clycolysis - Gluconeogenesis : Cori's cycle, Tricarboxylic acid (TCA) cycle - Glycogenolosys - Pentose phosphate pathways (Hexose mono phosphate) o Regulation of blood glucose level Investigations and their interpretations.		
IV	**4**	• Explain the metabolism of Lipids	**Composition and metabolism of Lipids** • Types, structure, composition and uses of fatty acids o Nomenclature, Roles and Prostaglandins • Metabolism of fatty acid o Breakdown o Synthesis • Metabolism of triacylglycerols • Cholesterol metabolism o Biosynthesis and its Regulation - Bile salts and bilirubin - Vitamin D - Steroid hormones • Lipoproteins and their functions : o VLDLs- IDLs, LDLs and HDLs o Transport of lipids o Atherosclerosis Investigations and their interpretations.	• Lecture Discussion using charts • Demonstration of laboratory tests	• Short answer questions • Objective type.
V	**6**	• Explain the metabolism of Lipids	**Composition and metabolism of Amino acids and Proteins** • Types, structure, composition and uses of Amino acids and Proteins • Metabolism of Amino acids and Proteins o Protein synthesis, targeting and glycosylation o Chromatography o Electrophoresis o Sequencing	• Lecture discussion • Demonstration of blood glucose monitoring	• Short answer questions • Objective type.

Unit	Time (Hrs)	Objectives	Content	Teaching Learning Activities	Assessment methods
			• Metabolism of Nitrogen o Fixation and Assimilation o Urea Cycle o Hemes and chlorophylls • Enzymes and co-enzymes o Classification o Properties o Kinetics and inhibition o Control Investigations and their interpretations.		
VI	**2**	• Describe types, composition and utilization of Vitamins & minerals	**Composition of Vitamins and minerals** • Vitamins and minerals: o Structure o Classification o Properties o Absorption o Storage & transportation o Normal concentration Investigations and their interpretations	• Lecture Discussion using charts • Demonstration of laboratory tests	• Short answer questions • Objective type.
VII	**3**	• Describe Lmmunochemistry	**Immunochemistry** • Immune response, • Structure and classification of immunoglobins • Mechanism of antibody production. • Antigens: HLA typing. • Free radical and Antoxidants. • Specialised Protein : Collagen, Elastin, Keratin, Myosin, Lens Protein. • Electrophoretic and Quantitative determination of immunoglobins - ELISA etc. Investigation and their interpretations.	• Lecture discussion • Demonstration laboratory tests	• Short answer questions • Objective type.

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1. U. Satyanarayan, Essentials of biochemistry, Books & allied (P) Ltd., Kolkata publisher, 2004.
2. Deb A.C.: Concepts of biochemistry (Theory & Practical) 1st edition, books & allied (P) Ltd. Publisher, Kolkata, 1999.
3. Deb. A.C. Fundamentals of biochemistry of biochemistry: 1st edition New central book Ag (P) Ltd., 2004.
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5. Gupta. R.C., Multiple choice questions in Biochemistry, 2nd edition, Jaypee, 2004.

Evaluation Scheme:

Subject Nutrition and Biochemistry	Assessment			
	Hours	Internal	External	Total
Theory	3	25	75	100

Details as follows:

Internal Assessment: **Theory:** **15 Marks**
Laboratory (Practicum): **10 Marks**
Total: **25 Marks**
(Out of 25 Marks to be send to the University)

Theory Examination: **15 Marks**

	Nutrition	Biochemistry	Total Marks	Average out of
Mid-Term	35	15	50	--
Prelim	45	30	75	--
		Total	**125**	**15**

(125 Marks from mid-term & prelim (Theory) to be converted into 15 Marks)

Laboratory (Practicum): **10 Marks**

Subject	Internal Exam Out of	Average Out of
Nutrition	25	**05**
Biochemistry	25	**05**
Total	**50**	**10**

Details as follows:

Evaluation Criteria for Nutrition (Practicum): 05 Marks

Sr. No.	Items	Marks
1	Selection of menu for specific group	05
2	Calculation of relative requirement	10
3	Presentation and recording	10
Total		**25**

(25 Marks from Nutrition Practicum to be converted into 05 Marks)

Evaluation Criteria for Biochemistry (Journal): 05 Marks

Sr. No	Items	Marks
1	Investigations related to altered CHO metabolism	05
2	Investigations related to altered protein metabolism	05
3	Investigations related to altered lipid metabolism	05
4	Investigations related to altered vitamins and minerals	05
5	Investigations related to altered immunochemistry	05
Total		**25**

(25 Marks from Biochemistry Practicum to be converted into 05 Marks)

External Assessment: **75 Marks**
(University examination)
Section A: Nutrition: 45 marks
Section B: Biochemistry: 30 marks
Total: **75 Marks**

PSYCHOLOGY

Placement : First Year **Theory 60 hours**
(Class 50 + Lab 10 hrs)

Course Description: This course is designed to assist the students to acquire knowledge of fundamentals of psychology and develop an insight into behaviour of self and others. Further it is aimed at helping them to practice the principles of mental hygiene for promoting mental health in nursing practice.

Specific Objectives: At the end of the course the students will be able to:

1. Understand the importance of psychology in personal and professional life.
2. Understands the biology of human behaviour.
3. Understands cognitive and affective processes of human mind.
4. Develops an understanding of self and others.
5. Understand the influence of personality of human behaviour.
6. Appreciates developmental psychology.
7. Understands the significance of mental hygiene and mental health.
8. Assist with psychological assessments and tests.

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
I	**4**	• Describe the history, scope and methods of psychology	**Introduction:** • History, development and origin of science of psychology • Definitions, scope, branches of psychology and relations with other subjects. • Various application of psychology in nursing practice including importance in human and interpersonal behavioral Methods of Psychology	• Lecture Discussion	• Essay type • Short answers

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
II	**4**	• Explain the biology of Human behaviour	**Biology of behaviour** Dynamics of human behaviour • Body mind relationship-modulation process in health and illness • Genetics and behaviour: Heredity and environment • Brain and behaviour: Nervous System., Neurons and synapse, • Association Cortex, Rt and Lt Hemispheres • Psychology of Sensations Muscular and glandular controls of behaviour • Nature of behaviour of an organism/Integrated responses • **Nature of behaviour of an organism/Integrated responses**	• Lecture Discussion	• Essay type • Short answers
III	**14**	• Describe various cognitive processes and their applications	**Cognitive process** • Maiming of cognition • Attention: Types, determinants, Duration & degree, alterations • Perception: Meaning, Principles, factors affecting, • Perception of objects, depth, distance and motion. • Errors in perception. • Learning: Nature, types, learner and learning, factors influencing, laws and theories, process, transfer, study habits • Memory: Meaning, Types, Nature factors influencing, Development Theories and methods of memorizing and Forgetting • Thinking: Types and levels, stages of development, Relationship with language and communication. • Intelligence: Meaning, classification, uses, theories	• Lecture Discussion • Psychometric assessment • Practice sessions	• Essay type • Short answers

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
			• Aptitude: Concept, types, Individual differences and variability • Psychometric assessments of cognitive processes • Alterations in cognitive process • Applications **Learning** • Theories of learning: • Theories of transfer. **Memory** • Methods of memorizing: • Methods of measuring memory • Memory Training **Thinking** • Stages of thinking development: • Stages of creative thinking and problem solving. • Nature of thinking • Elements of thought • Language comprehension • Listening skill • Reasoning and problem solving • Deduction • Induction **Intelligence** • Nature of intelligence • Effect of heredity and environment • Intelligence Test • Mental deficiency • Factors of individual difference in intelligence. • Development of intelligent behaviour **Aptitude** • Measurement of Aptitude or Aptitude Tests		

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
IV	**6**	Describe motivation, emotions, stress, attitudes and their influence on behaviour	**Motivation and Emotional Processes:** • Motivation: Meaning, Concepts, Types, Theories, • Motives and behaviour, • Maslow's theory • Formation of self concept, • Conflicts and frustration, conflict resolution • Emotions & stress ❑ Emotion: Definition, components, Changes in emotions, theories, emotional adjustments, emotions in health and illness ❑ Stress: stressors, cycle, effect, adaptation & coping • Attitude: Meaning, nature, development, factors affecting, ❑ Behaviour and attitudes ❑ Attitudinal change ❑ Will and character ❑ Attitude and Nurse. • Psychometric assessment of emotions and attitudes • Alterations in emotions • Applications **Emotions** • Development of emotions • Characteristic of emotions • Handling emotions in self and others	• Lecture Discussion • Role plays • Case Discussion • Demonstration • Project work	• Essay type • Short answer

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
V	**5**	• Explain the concept of personality and its influence on behaviour	**Personality** • Definitions, topography, types, Theories • Self actualization • Psychometric assessments of personality • Development & Alterations in personality ❑ Adjustment and maladjustment ❑ Personality disorders ❑ Factors affecting development of personality ❑ Self actualization	• Lecture Discussion • Demonstration	• Essay type • Short answers

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
VI	**5**	Describe psychology of people during the life cycle	**Developmental Psychology** • Psychology of people at different ages from infancy to old age. • Psychology of vulnerable individuals-challenged, women, sick, etc. • Psychology of groups • Psychology of people at different ages from infancy to old age: ***In health and illness.*** • Psychology of vulnerable individuals: Can be specified as: for example o *Daughter of alcoholic parents or wife or alcoholic husband.* o *Physically/ sexually abused* o *Rape,* o *Prostitute* o *Alcoholic* o *Physically or mentally challenged* o *Constant exposure to stress etc.* • Psychology of Groups: for example o *Family, social and professional groups* o *Interpersonal relationship among group members.* o *Inter group relationship.* o *Group morale*.	• Lecture Discussion • Case Discussion	• Essay type • Short answers

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
VII	**8**	• Describe the characteristics of • Mentally health person • Explain ego defense mechanisms	**Mental hygiene and mental Health** • Concepts of mental hygiene and mental health • Characteristics of mentally healthy person • Warning signs of poor mental health. • Promotive and preventive mental health strategies and services. • Ego defense mechanisms and implications • Personal and social adjustments • Guidance and counseling • Role of nurse • Personal and social adjustments: ○ *Personal Maladjustments* – *Regression* – *Withdrawal*	• Lecture Discussion • Case Discussion • Role play • Demonstration	• Essay type • Short answers
VIII	**14 Hrs** T=4 P=10	• Explain the psychological assessments and role of nurse	**Psychological assessment & tests** • Types, development, Characteristics, Principles, Uses, Interpretations and Role of nurse in psychological assessment **Practicals** ♣ Identifying intelligence and coping skills: – Wechsler's Adult Intelligence scale – W I S C – Basic skill of Guidance and counseling – Role play.	• Lecture Discussion • Demonstra-tion • Practice sessions	• Assess-ment of practice

Bibilography:

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7. Hurlock E : Development psychology : Tata MC grow Hill Book Co.

Evaluation Scheme:

Subject Psychology	Assessment			
	Hours	**Internal**	**External**	**Total**
Theory	3	25	75	100

Details as follows:

Internal Assessment: **25 Marks**

(Out of 25 Marks to be send to the University)

Details as follows:

Theory: **15 Marks**

Mid-Term: 50 Marks
Prelim: 75 Marks
Total: 125 Marks

(125 Marks from mid-term & prelim (Theory) to be converted into 15 Marks)

Assignment: **10 Marks**

External Assessment (University Examination): 75 Marks