Bachelor in Nursing (B.N.)
(Gerontology/Psychiatric Major)

Syllabus

Faculty of Science and Technology
Pokhara University
2011
Pokhara university

Bachelor in Nursing (Gerontological/Psychiatric Nursing) Program

Introduction

Gerontological nursing and Psychiatric nursing are the specialities receiving highest priorities in the medical field in the 21st century. With longer life expectancies brought about by the advances in modern medicine, enhanced nutrition, better hygiene and health care, our aged population is growing in size. The increased longevity should be accompanied by a corresponding increase in the care and facilities for the senior citizens. Nursing always has responded to the changes in society’s health care needs. Nursing needs to identify practice and feasible clinical roles which provide scope for independent professional practice. Among the clinical specialization, Geriatric Nursing/ Psychiatric Nursing is a tangible area where the role of nurse is accepted and approved. There is need of nursing care providers to meet the health need of growing proportion of elderly population/mentally ill people.

There has been significant and growing concern about the rapid increase in the number of elderly people and their quality of life all over the world. The twentieth century has witnessed in many regions of the world the control of infant mortality rate, decline in birth rates, and improvement in nutrition, basic health care and control of many infectious diseases.

Population ageing is pervasive since it is affecting nearly all the countries of the world. Nepal is also witnessing expansion of life span and hence an enhancement in the population of the elderly. In Nepal, individuals over 60 years of age are considered elderly. According to the 2001 census of Nepal, there were 1.5 million elderly inhabitants, which constitute 6.5 percent of the total population in the country. During the years 1991-2001, the annual elderly population growth rate was 3.39 percent (Chalise, HN, 2006)

The growing elderly population places extra demand on gerontologist nurses. In the past while individuals may have lived up to advanced stages of life, their number and proportion in total population were not matter of concern and the joint family system provided the required support and a place of dignity for them. But today, the socio-cultural change have moved in almost reverse direction and breaking down of joint family system, modernization, rapid urbanization and emergence of new value system based on self centered individualism. Due to urbanization, city based life; young people are sometime not in a position to take care of their aged people. In the city based life, most aged people are left with feeling of complete isolation.

Despite the production of nurses is increasing in Nepal, there is still shortage of the nurses in the country due to various reasons. Most of the nurses from Nepal want to go to foreign countries to work as a nurse where there is the demand for geriatric nurses and nurses with psychiatric specialization. Till the date there is no such specialization in nursing in Nursing Curriculum in Nepal. Only few nurses are produced in few colleges who are specialized in
psychiatric nursing. In the lights of this, considering the need of the geriatric care and to fulfill the demand of foreign countries for geriatric nurses/psychiatric nurses, this curriculum on Bachelor in Nursing with specialization in Geriatric/Psychiatric Nursing is developed.

The basic nursing process of assessment, diagnosis, planning, implementation and evaluation is used in combination with specialized knowledge of ageing/mental health. Geriatric/Psychiatric nursing care can be provided in acute and chronic stages in community as well as in the hospital setting. Emphasis of care is placed on promoting, maintaining and restoring health and independent strength of older adults or people with mental health problems are identified and used to help them in achieve optimal independence. The nurse helps the older people having psychiatric and/or geriatric problems to maintain dignity and maximum autonomy despite, social and physiological losses.

**Philosophy**

With the continuous enhancement in the knowledge and technology, the changing concepts of the health care and the expanding roles and responsibilities of nurses, there is need to impart in depth knowledge and skills to develop capacity of the middle level nursing manpower.

We believe the following concepts guide the approach to learn at the bachelor level and to render nursing services in the care of each client, in the management and in the academic sectors.

**Beliefs about the individual:**

- All the people, regardless of age, ability, culture, class, creed and with any kind of health problems have the right to equal and equitable care throughout their lives and in no circumstances should a prejudice or bias alienate them from their rights.
- Ageing is a process separate from disease, a process which for the majority of the people is a developmental stage of life to be enjoyed in health with a sense of wellbeing and feeling of contentment.
- Promoting self-awareness, identifying negative attitudes and providing positive role models, Geriatric/Psychiatric nurses can contribute to the reduction of such attitudes and biases.
- Successful ageing can be enhanced by the provision of appropriate health promotion and health education.

**Beliefs about health:**

- Health is a state of well-being that enables a person to lead a socially and economically productive life.
- Health is a right to all people.
- The prevention of illness, promotion of health and rehabilitation are the responsibilities of individuals, families, communities and nations.
• Ill health, whether physical or psychological, the older person must be provided with a high quality of holistic care, which in many cases will involve the geriatric nurse in working in a cooperative and collegiate manner with members of the multidisciplinary team.

Beliefs about Nursing

• Nursing is a human service based on the values of caring and compassion, of helping individuals, families and communities to obtain optimum level of health and stimulating self-help practice.
• The dynamic core of nursing is the nursing process, which focuses on problem solving and can be utilized in all settings i.e., hospital and community.
• Nurses work cooperatively with all health team members for the well-being of individuals, families and communities.
• Geriatric nurse is a nurse who works predominantly with older people, providing nursing care, as a full member of the multidisciplinary health and social care team, in a variety of settings where the older people are cared for. The Geriatric nurse will have successfully completed specialist post-qualification education in Geriatric nursing which builds upon initial generalist nursing education.

Beliefs about learning:

• The teacher has the responsibility to facilitate the learners and create an atmosphere conducive to learning and the student has the responsibility to study and learn.
• As learning is a life long process, students should develop the discipline of studying independently.
• The learning process involves assessment and evaluation of the learner’s performance by self, peers and teachers and feedback should be provided to determine progress towards personal and program objectives.

Beliefs about nursing leadership and research:

• Nursing leaders should have a clear perception of national and institutional goals and should be involved with decision making and problem solving at all levels.
• Nursing leaders should demonstrate ability and confidence in performing quality nursing services, education and research.
• Nursing leaders should strengthen the capacity to conduct health related research to improve health ratio.
**Conceptual Frame-work**

The conceptual framework of the Bachelor in Nursing Programme is based on the Lydia Hall’s Core, Care and Cure model. The framework has three interlocking circles to indicate the three major concepts in nursing care: The core, care and cure.

![Conceptual Framework on care, core and cure Model (Hall)](image)

**Figure 1: Conceptual Framework on care, core and cure Model (Hall)**

**Care**

The goal of care is to comfort the patient by giving physical and psychological care. While giving care, the closeness of the nurse to the patient gives an opportunity to patient to ventilate his/her feeling. The nurse is able to give care as well as teach patient on the basis of patient's need. Increased awareness of patients regarding his/her health status enhances the ability for self-healing. In care circle the nurse incorporates the theoretical knowledge of the natural and biological sciences into practice while she is providing nursing care. This reflects nurse as a potential comforter to the patient.
**Core**
In core circle the patient care is the central and care is based on the social sciences to benefit the patient. Interpersonal relationship between nurse and patient facilitates in developing closeness of the patient with the nurse and the patient gains information about the diseases and its effect on his/her body as well as self-health care from nurse. It also facilitates the client/patient to explore his/her feeling freely with the nurse. Patient is able to gain self-identify, self-confident and self-direction in his/her self-care. Ultimately it stimulates the healing power that exists within the patient.

**Cure**
The cure circle of patient care is based on pathological and therapeutic science and is shared with other members of the health team. The professional nurse helps the patient and family through the medical, surgical and rehabilitative prescription made by physician.

**Nursing**
Nursing is identified as consisting of participation in the care, core and cure aspects of patient care. Care is the sole function of nurse, whereas core and care are shared with other members of the health care team. However the major purpose of care is to achieve an interpersonal relationship with the client/patient that will facilitate the development of core i.e. the development of self-identity and self-direction in the patient. In this framework the focus is on interpersonal relationship between the nurse and client/patient to create learning environment which enables the patient to solve his/her health problems by himself/herself. The nurse also intervenes to assist patient/client to stabilize and return to the optimum level of wellness.

**Nursing process**
The framework considers nursing process as a tool to increase client/family/community's awareness about the disease and its effects on their body and their needs. This framework influences the five phases of nursing process (Assessment, Nursing Diagnosis, Planning, Implementation and Evaluation). The Nurse allows client/patient to participate in planning, implementation and evaluation of nursing care.

Thus the framework consider nurse as the key person responsible for care. So she needs to coordinate, collaborate with other health team to provide cure to clients. As a member of health team, the nurse performs various roles as teacher, facilitator, communicator, counsellor, change agent, motivator, problem solver, planner, care provider, evaluator, adviser, supervisor and researcher. In order to build up the capacity of the nurse to perform these roles the various courses are planned such as geriatric, psychiatric, leadership and management, nursing education, research and others.
B. Admission and Examination

1. Entry Requirement for New Student

The entry requirement for a new student in Bachelors in Nursing will be Proficiency Certificate Level in Nursing with at least 50% marks with 2 years experience. Besides the basic academic requirement an entrance examination will be held for all applicants.

2. Admission Procedure

A notice inviting application for admission is publicly announced. The application forms and information brochures are provided, on request, after the payment of the prescribed fee.

The university scrutinizes the applications. The eligible candidates are informed to take the entrance test. The date and time for the entrance test is informed to the prospective students by the university. The college may interview the candidates for final selection for admission.

The candidates, who are given provisional admission under special condition, are required to submit all necessary documents within a month of the beginning of regular classes. Otherwise, the admission will be annulled.

3. Student Evaluation

The student’s academic performance during the year will be evaluated internally (internal assessments/assignment/work) and externally (the final examination). The internal assessment/assignments or work examination will be evaluated by the teaching faculty and the final examination, conducted by University.

The internal assessment of theory subjects will be of 30% weight. The remaining 70% will be the final examination. In the practical courses, 60% will be internal and 40% final examinations (for those subject whose practical examination is conducted by external examiners) and 75% marks will be allotted for internal and only 25% will be given for viva voce for those course whose examination is conducted by only oral (no practical) examination.

To pass the examination student must recurred at least 50% in the internal and external examination in theory subjects and 60% of the marks in practical examination of each paper separately.

4. Attendance Requirement

The students must attend every lecture, tutorial, seminar and practical classes. However, to accommodate for sickness and other contingencies, the attendance requirement shall be a minimum of 80% of the classes in any particular subject, and 90% in the clinical for practical subjects otherwise she shall not be allowed to take the final examination in that
subject. If a student is continuously absent in the class for more than four weeks without notifying the authorities, her name will be removed from the school roll.

5. **Course Registration**

The academic record of a student shall be maintained in terms of the courses for which she register in any year, and the grades she obtains in those courses. Registration for course is done at the beginning of each year. Since registration is a very important procedure, it is absolutely essential that all students present themselves at the school. In case of illness or any exceptional circumstance during the registration period, the student must inform the University authority. Registration absentia may be allowed only in rare case, at the discretion of the authorized person. However, the student nominee cannot register for course and will only be allowed to complete other formalities. Generally in a particular year only those courses would be offered for registration which is mentioned in the syllabus, however their sequence may be interchanged if necessary.

6. **Final Examination**

University conducts final examination at the end of each year. The procedure of final examination conduction will be as per the examination rules of the University.

7. **Unsatisfactory Results**

Students may apply for re-totaling or rechecking of their grades as per University rule, upon payment of prescribed fee.

**C. Grading System**

The grades (marks) awarded to student in a course is based on her consolidated performance in assessments and final examinations in aggregate. The pattern of grading will be as follows:

<table>
<thead>
<tr>
<th>S. N.</th>
<th>Percentage</th>
<th>Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>80 % and above in the aggregate</td>
<td>Distinction</td>
</tr>
<tr>
<td>2</td>
<td>65 % and above in the aggregate</td>
<td>First Division</td>
</tr>
<tr>
<td>3</td>
<td>Less than 65% in aggregate</td>
<td>Second Division</td>
</tr>
</tbody>
</table>

To pass the examination student must recurred at least 50% in the internal and external examination in theory subjects and 60% of the marks in practical examination of each paper separately.

**Dismissal from the Program**

The normal duration for completing the Bachelors in Nursing (B.N.) course is three years in exceptional case, however, the student is allowed normal duration, plus three years to complete the course. If a student is unable to complete the course within six years from the time of admission, the university registration is annulled.

**Award of Degree**

On completion of all requirements with 55% or better in aggregate, the student will be awarded a degree of Bachelors in Nursing (B.N.).
Degree with Distinction
To obtain a degree with distinction, a student must obtain 80% or above.

Dean’s list
The Dean’s list recognizes outstanding performances of academic excellence by students. To qualify, a student must obtain a percentage of 85 or above.

Repeating a Course
Since passing of all courses individually is a degree requirement, the student must attain back the failing paper exam of core course when offered and must successfully complete the course. Student can retake a course when one receives below 55% in aggregate.

Final Examination
The final examination of theory will be conducted by the examination section of Pokhara University and the practical examination will be conducted by colleges in the correspondence with Dean’s Office, Faculty of Science and Technology, Pokhara University.
### Program Overview

#### First Year Courses

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name of the Courses</th>
<th>Total Hours</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>B.N.101</td>
<td>Basic Sciences I (Th)</td>
<td>100</td>
<td>100</td>
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<tr>
<td>B.N.102</td>
<td>Basic Sciences II (Th)</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>B.N.103</td>
<td>Basic Sciences III (Th)</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>B.N.104</td>
<td>Basic Sciences I, II &amp; III (Pr)</td>
<td>200</td>
<td>100</td>
</tr>
<tr>
<td>B.N.105</td>
<td>Nursing Concept &amp; Principles (Th)</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>B.N.106</td>
<td>Adult Health Nursing (Th)</td>
<td>60</td>
<td>50</td>
</tr>
<tr>
<td>B.N.107</td>
<td>Adult Health Nursing (Pr)</td>
<td>150</td>
<td>50</td>
</tr>
<tr>
<td>B.N.108</td>
<td>Community Health Nursing (Th)</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>B.N.109</td>
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<td>B.N.110</td>
<td>Health Sociology and Psychology (Th)</td>
<td>50</td>
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<td>B.N.111</td>
<td>English (Th)</td>
<td>50</td>
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<tr>
<td>B.N.112</td>
<td>Computer Science (Th)</td>
<td>50</td>
<td>-</td>
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<td><strong>1350</strong></td>
<td><strong>900</strong></td>
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<tr>
<td>Code No.</td>
<td>Name of the Course</td>
<td>Methods of Evaluation</td>
<td>Duration for exam (hrs)</td>
</tr>
<tr>
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<td>----------------------------------------------------------------------------------------</td>
<td>-------------------------</td>
</tr>
<tr>
<td>B.N.101</td>
<td>Basic Sciences I (Th)</td>
<td>Written 30</td>
<td>Written 70 70 100 3</td>
</tr>
<tr>
<td>B.N.102</td>
<td>Basic Sciences I (Th)</td>
<td>Written 30</td>
<td>Written 70 70 100 3</td>
</tr>
<tr>
<td>B.N.103</td>
<td>Basic Sciences III (Th)</td>
<td>Written 30</td>
<td>Written 70 70 100 3</td>
</tr>
<tr>
<td>B.N.104</td>
<td>Basic Sciences I, II &amp; III (Pr)</td>
<td>Maintaining log book, interpretation of laboratory findings 75 75 Oral examination &amp; OSPE 25 25 100 -</td>
<td></td>
</tr>
<tr>
<td>B.N.105</td>
<td>Nursing Concept &amp; Principles (Th)</td>
<td>Written 30</td>
<td>Written 70 70 100 3</td>
</tr>
<tr>
<td>B.N.106</td>
<td>Adult Health Nursing (Th)</td>
<td>Written 15</td>
<td>Written 35 70 50 1 hr 30 mins</td>
</tr>
<tr>
<td>B.N.107</td>
<td>Adult Health Nursing (Pr)</td>
<td>Maintaining log book, case studies/presentations 37.5 60 Oral examination 12.5 25 50 1 hr 30 mins</td>
<td></td>
</tr>
<tr>
<td>B.N.108</td>
<td>Community Health Nursing (Th)</td>
<td>Written 30</td>
<td>Written 70 70 100 3</td>
</tr>
<tr>
<td>B.N.109</td>
<td>Community Health Nursing (Pr)</td>
<td>Maintaining log book, report writing, health teachings. 75 75 Oral examination 25 25 100 -</td>
<td></td>
</tr>
<tr>
<td>B.N.110</td>
<td>Health Sociology and Psychology</td>
<td>Written 15</td>
<td>Written 35 70 50 3</td>
</tr>
<tr>
<td>B.N.111</td>
<td>English</td>
<td>Written 15</td>
<td>Written 35 70 50 1 hr 30 mins</td>
</tr>
<tr>
<td>B.N.112</td>
<td>Computer Science</td>
<td>No examination</td>
<td>No examination</td>
</tr>
</tbody>
</table>
Basic Sciences – I: Anatomy and Physiology (Theory)

Code No: B.N.101  Total Hours: 100
Plcement: 1st Year  Total Marks: 100

Course Description: This course is designed to provide knowledge of anatomy and physiology as they relate to nursing. This course covers general concepts of anatomy and physiology and the system related concepts regarding different body systems namely musculo-skeletal, gastro-intestinal, respiratory and blood, lymphatic and immune, cardiovascular, endocrine, urinary, reproductive, nervous, special sensory and integumentary systems.

Course Objectives: At the end of this course, students will be able to:
- Explain the anatomical positions and regions in the body
- Describe the structure and function of different types of tissues
- Explain the concept of genetic inheritance
- Describe the stages of embryonic development
- Describe the composition of body fluids and mechanism of acid-base balance
- Describe body fluid compartments and mechanism of homeostasis of different body systems
- Describe the structure and function of different body systems.

Course Contents:

Unit I: General Concepts  10 hours
a. Anatomical terms, positions and regions
b. Structure and functions of human cell and cell replication
c. Structure and functions of different types of tissues: Connective tissue, epithelial tissue, muscle tissue and nervous tissue
d. Embryology and stages of embryonic development
e. Genetic inheritance:
   - Human chromosomes, their types, number and role in embryogenesis
   - Common chromosomal disorders
f. Body fluids compartments and maintenance of homeostasis and acid-base balance

Unit II: Musculo-Skeletal System  12 hours
a. Structure of Skeleton and its parts:
   - Axial bones: skull and thoracic cage, vertebral column
   - Appendicular bones: upper and lower extremities, shoulder girdle and pelvic girdle
b. Function of skeleton and its parts including bones, muscles, ligaments and tendons
c. Types of joints and their movements including the movements possible in shoulder, hip, knee, ankle, elbow, wrist etc.
d. Structure and functions of skeletal muscles
e. Origin, structure and functions of muscles of upper and lower extremities and pelvic floor
f. Mechanism of Contraction of skeletal muscles
g. Physiology of muscle exercise

Unit III: Gastro-Intestinal System  8 hours
a. Structure of different organs of G.I tract
b. Function of different parts of G.I tract
c. Structure of hepatobiliary apparatus (including pancreas, islet of langerhans, liver, gall bladder and biliary tract) and peritoneum
d. Formation, expulsion of bile juice and enterohepatic circulation of bile
e. Food ingestion (mastication and deglutition), digestion, absorption and excretion from G.I tract
f. Digestive enzymes, peristalsis of G.I tract
g. Developmental anatomy of G.I system and congenital anomalies

Unit IV: Respiratory System  8 hours
a. Structure and functions of respiratory tract: Nares, nasal cavity, sinuses, palate, pharynx, larynx, trachea, bronchi, bronchioles and alveoli
b. Structure of lungs, pleura and pleural cavity
c. Respiratory muscles including diaphragm
d. Types of respiration: Pulmonary respiration and tissue respiration
e. Mechanism of respiration: Inspiration and expiration
f. Functions of lungs, lung volume and capacity
g. Mechanism of coughing

Unit V: Blood, Lymphatic and Immune system  10 hours
a. Blood: Composition, formation, life span and destruction of blood cells
b. Functions of blood, blood cells and plasma.
c. Role of thrombocytes: Mechanism of blood clotting and clotting factors in blood
d. Blood groups and rhesus factors
e. Physiological basis of blood transfusion
f. Structure and functions of lymph organs, tissues and vessels: lymph, lymph nodes, spleen, thymus, large and small lymph vessels
g. Defense system in the body
   • Phagocytosis
   • Inflammatory response
   • Natural anti-microbial substances
h. Reticulo-endothelial and immune system (review from microbiology)
   • T-lymphocyte and B-lymphocyte
   • Types of immunity
Cell-mediated
Antibody-mediated
Acquired immunity

i. Immune mechanism
j. Hypersensitivity reaction of body to antigen
k. Erythroblastosis Foetalis

Unit VI: Cardio-Vascular System 10 hours
a. Structures, functions and position of heart, blood vessels, and cardiac valves
b. Microscopic structure of artery and vein
c. Conducting System of heart
d. Circulation
  • Pulmonary circulation
  • Systemic circulation
  • Portal circulation
e. Cardiac cycle and cardiac output
f. Pulse and heart rate
  • Definition and regulation
  • Site for checking pulse and heart rate
  • Relationship between pulse rate and blood pressure
g. Blood pressure
  • Definition and regulation
  • Site for checking Blood pressure
  • Factors affecting BP
  • Relationship between blood pressure and cardiac output
h. Development of heart and congenital anomalies of heart
i. Coronary circulation and physiological aspects of ischaemic heart diseases and hypertension

Unit VII: Urinary System 7 hours
a. Structure of different organs of urinary system: Kidney, ureters, urinary bladder, urethra (male and female)
b. Structure of nephrons
c. Functions of urinary systems and its organs (kidney, ureter, bladder and urethra)
d. Mechanism of urine formation
e. Physiology of micturation
f. Role of kidney in maintaining fluid and electrolyte balance
g. Development of uro-genital system

Unit VIII: Endocrine System 10 hours
b. Hormones produced by endocrine glands and their functions
   c. Regulatory mechanism of hormonal secretion
   d. Stress and its adaptation within the body: Local and general adaptation syndrome

Unit IX: Reproductive System  
7 hours
a. Different organs, their structure and function of male reproductive system
b. Different organs, their structure and function of female reproductive system
c. Gamatogenesis (Spermatogenesis and oogenesis)
d. Pubertal and secondary sexual characteristics:
   e. Pubertal changes in male and female
      • Menarche, menarche and ovulation
      • Physiology of menstruation
      • Ejaculation of sperms

Unit X: Nervous System  
8 hours
a. Structure and functions of central and peripheral nervous system: Brain, cerebrum, cerebellum, mid-brain, pons and medulla oblongata, spinal cord including cranial and spinal nerves
b. Structure and functions of autonomic nervous systems: Sympathetic and parasympathetic nervous system
c. Structure and functions of nerve cells (neuron): sensory and motor nerve cell
d. Spinal reflex
e. Coverings of brain and spinal cord
f. Formation and circulation of cerebro-spinal fluid

Unit XI: Special Sensory and Integumentary System  
10 hours
a. Eye
   • Structure of eye and its parts
   • Extra ocular muscles and accessory organs
   • Physiology of sight
b. Ear
   • Structure of ear and its parts
   • Physiology of hearing and balance
c. Nose
   • Structure of nose and its parts
   • Physiology of smelling
d. Tongue
   • Structure of tongue and its parts
   • Physiology of taste
e. Skin
   • Structure of skin and its parts
Functions of skin including regulation of body temperature, formation of vitamin D, sensation, absorption and excretion

Teaching Learning Methods: Interactive lecture, group discussion, demonstrations and individual and group work

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination

Reference
Basic Sciences II: Microbiology and Pathology (Theory)

Code No: B.N.102

Placement: 1st Year

Total Hours: 100
Total Marks: 100

Course Description: This course is designed to provide knowledge of microbiology, and pathology as they relate to nursing. Microbiology course covers the general concepts of microbiology along with bacteriology, virology, parasitology, mycology and immunology. Pathology course covers the general concepts of pathology and etiopathology and pathophysiology of different systemic disorders including the neoplasia.

Course Objectives: At the end of the course the student will be able to:

- Describe the concept of microbiology including bacteriology, virology, parasitology and mycology
- Describe the morphology, pathogenic features, and mechanism of transmission of communicable diseases
- Explain the factors affecting the growth of micro-organisms
- State the importance of aseptic technique in diagnostic procedures
- Describe the sterilization technique for destroying and inhibiting the growth of microorganisms
- State the different types of immunity, their significance and diagnostic tools in immunology
- Describe the methods of collection and transportation of specimens for pathological and cytological examination
- Explain the concept of cell injury and pathophysiology of benign and malignant neoplasia
- Describe the pathophysiology of hypersensitivity and autoimmune reactions
- Describe the pathophysiology of various diseases affecting body systems.

Course Contents

Section A: Microbiology (Theory) 50 hours

Unit I: Introduction to Microbiology 4 hours
a. Definition of terms and scope of microbiology
b. Historical development of microbiology
c. Classification of microbial organisms

Unit II: Bacteriology 12 hours
a. Classification of bacteria
b. Normal flora, pathogens, opportunists and toxins
c. Spread of infection and nosocomial infection
d. Pathogenesis of bacterial diseases  
e. Bacterial metabolism and reproduction and factors affecting the growth of bacteria  
f. Bacterial response in the production of diseases  
g. Sterilization: Physical, chemical and radiation  
h. Collection and transportation of specimens for bacteriological examination  
i. Types of staining and its importance.  
j. Culture and sensitivity testing for bacteria  

Unit III: Virology  
8 hours  
a. Scope of virology  
b. Classification and replication of virus  
c. Review of common viral diseases (HIV, hepatitis, polio, measles, mumps, rubella, cytomegalovirus, rabies, influenza), their effects on body systems and their prevention and control.  

Unit IV: Parasitology  
12 hours  
a. Introduction to parasitology  
b. Classification of parasites  
c. Review of intestinal parasites, their life cycle and mode of infection (giardia, entamoeba, taenia, hookworm, roundworm, threadworm, pinworm, fluckworm)  
d. Review of blood and tissue parasites, their life cycle and mode of infection (malaria, leishmania, filaria)  
e. Prevention, control and treatment of parasitic diseases  

Unit V: Mycology  
4 hours  
a. Introduction to mycology  
b. Classification of fungi  
f. Review of common fungal diseases affecting the body (superficial, subcutaneous, systemic and opportunistic mycosis)  
c. Prevention, treatment and control of fungal diseases  

Unit VI: Review of Immunology  
10 hours  
a. Introduction to immunology  
b. Type of immunity and their significance  
c. Immune response to the infection  
d. Hypersensitivity and autoimmune disease  
e. Antigen, antibody and antigen-antibody reaction  
f. Concept of immunology in diagnosis of disease
Section B: Pathology (Theory)  

Unit I: General Concepts  
   a. Terms related to pathology  
   b. Cell injury: Causes and mechanism of cell injury and necrosis  
   c. Acute and chronic inflammation  
   d. Wound healing and repair  
   e. Hemodynamic disorders: Shock, edema, thrombosis, embolism and infarction,  
   f. Neoplasia, their classification including the differences between benign and malignant tumors, molecular and genetic mechanism of pathogenesis of neoplasia  
   g. Genetic disorders  

Unit II: Pathology related to Musculoskeletal System  
   a. Osteomalacia and rickets  
   b. Osteomyelitis: Pyogenic and tuberculous  
   c. Osteoarthritis, gout  
   d. Muscular dystrophy  
   e. Tumors of soft tissue and bone  
   f. Basic concept of fractures  
   g. Osteoporosis  
   h. Inflammatory and immune mediated myopathies including myasthenia gravis  

Unit III: Pathology related to Gastro-intestinal System  
   a. Oral pathology: Precancerous lesions  
   b. Etiopathogenesis of peptic ulcer, TB abdomen, typhoid, appendicitis and intestinal obstruction  
   c. Etiopathogenesis of cirrhosis of liver, hepatitis, cholecystitis, cholelithiasis and pancreatitis  
   d. Pathophysiology of carcinoma of stomach, colon and rectum  

Unit IV: Pathophysiology related to Respiratory System  
   a. Pathophysiology of upper respiratory tract and lower respiratory tract infectious  
   b. Pathophysiology of pneumonia, tuberculosis and lung abscess  
   c. Etiopathogenesis of COPD including asthma, bronchitis, emphysema and bronchiectasis  
   d. Pneumothorax, pleural effusion and lung collapse  
   e. Tumors of lung and respiratory tract  
   f. Hyaline membrane disease and ARDS  
   g. Occupational diseases affecting respiratory system
Unit V: Pathology related to Blood, Lymphatic and Immune System 4 hours
   a. Anemia and its classification: Iron deficiency anaemia, megaloblastic anaemia, thalassemia and sickle cell anaemia
   b. Pathology of thrombocytopenia, hemophilia and leukaemia
   c. Etiopathogenesis of lymphadenitis
   d. Pathology of lymphoma and its classification

Unit VI: Pathology related to Cardio-Vascular System 4 hours
   a. Pathology of congenital heart diseases (cyanotic and acyanotic) and rheumatic heart disease
   b. Pathology of atherosclerosis, arteriosclerosis, Berger's disease and aneurysms
   c. Pathology of myocardial infarction and hypertension
   d. Pathogenesis of right and left heart failure

Unit VII: Pathology related to Urinary System 4 hours
   a. Pathology of urinary tract infection
   b. Pathology of nephritis, nephrotic syndrome and renal failure
   c. Pathology of renal calculi and hydronephrosis
   d. Pathology of congenital anomalies such as polycystic kidney
   e. Tumors of urinary system: Renal cell carcinoma and urinary bladder carcinoma

Unit VIII: Pathology related to Endocrine System 6 hours
   a. Pathology of conditions resulting from abnormal secretion of anterior pituitary hormone: Gigantism, dwarfism and acromegaly
   b. Pathology of conditions resulting from abnormal secretion of thyroid hormone such as hypothyroidism, hyperthyroidism, and Grave's disease
   c. Pathology of other endocrine related disorders such as Cushing's syndrome, Addison's disease, diabetes mellitus and diabetes incipidus
   d. Tumors of thyroid gland
   e. Acute adrenal insufficiency

Unit IX: Pathology related to Reproductive System 4 hours
   a. Pathology of pelvic inflammatory disorders and cervicitis
   b. Tumor of ovary: Classification
   c. Pathological features of leiomyoma, fibroadenoma and cancer of cervix
   d. Tumors of breast and
   e. Benign prostatic enlargement
   f. Sexually transmitted infections
   g. Ectopic pregnancy and abortions

Unit X: Pathology related to Nervous System 4 hours
   a. Pathology of hydrocephalus
   b. Pathology of cerebro-vascular accidents
c. Pathology of meningitis (viral, tubercular and bacterial), encephalitis, poliomyelitis
d. Brain tumor, epilepsy and seizure

**Unit XI: Pathology related to Special Sensory and Skin System**

4 hours

a. Pathology of conjunctivitis, otitis media and mastoiditis
b. Pathology of dermatitis and skin infections including leprosy, scabies, ring worms and fungi
c. Eye tumors and retinoblastoma
d. Skin tumors: Squamous cell carcinoma and basal cell carcinoma

**Teaching Learning Methods:** Interactive lecture, group discussion, demonstrations and individual and group work

**Internal Assessment:** Classroom participation, written assignments, written examination

**Final Examination:** Written examination

**References:**

**Microbiology**


**Pathology**

Basic Sciences – III: Biochemistry and Pharmacology (Theory)

Code No: B.N.103
Hours: 100

Placement: 1st Year
Marks: 100

Course Description: This course is designed to provide knowledge of biochemistry and pharmacology and their application to nursing. The course covers general concepts of biochemistry and pharmacology and system-related concepts of biochemistry and pharmacology regarding the different body systems namely musculo-skeletal, gastrointestinal, respiratory, blood, lymphatic and immune, urinary, cardiovascular, nervous, special sensory, integumentary, endocrine and reproductive system.

Course Objectives: At the end of the course the student will be able to:

- Explain the concept, scope and importance of biochemistry in nursing
- Explain homeostasis and acid-base balance
- Explain the classification, biological functions and metabolism of protein, sugar and fats, minerals and vitamins in the body
- State the normal and abnormal biochemical findings of liver function tests and kidney function tests
- Describe body enzymes and hormones, their mechanism of biochemical actions in the body
- Describe the terms related to pharmacology, sources, forms, doses and routes of administration of drugs
- Explain the absorption, distribution, metabolism and excretion of a drug
- Explain the factors affecting drug dose, response and the legal aspects of drug administration
- Describe the concept of drug intolerance, drug resistance, drug dependence and common poisons and their antidotes
- Explain the different kinds of drugs with their action, adverse effect, drug interactions and nursing implications of common drugs
- Explain the pharmacotherapeutics related to obstetrics, paediatrics and geriatrics.

Course Contents

Section A: Biochemistry

Unit I: Introduction to Biochemistry
a. Definition of terms and concepts related to biochemistry
b. Scope and importance of biochemistry in nursing
c. Role of cell membrane in biological processes including replication, cell metabolism, and production of energy
d. Genes and genetic code

e. Deoxyribonucleic acid (DNA) and ribonucleic acid (RNA) technology, their scope and importance in nursing

f. Body enzymes and their biochemical activities in the body

g. Environmental pollution and heavy metal poisoning

**Unit II: Homeostasis**

12 hours

a. Introduction to homeostasis (Review from Basic Sciences – I)

b. Types of solutions

c. Ionization of water: Electrolytes

d. Concept of acid, base, acid-base balance

e. Concept of pH

f. Buffers and their types and functions

g. Body fluids

h. Acidosis and alkalosis

**Unit III: Gases in the body system**

6 hours

a. Properties of gases (oxygen and carbon dioxide in the body system)

b. Transportation and use of oxygen in the body

c. Blood gas analysis and their significance

**Unit IV: General Metabolism**

10 hours

a. Metabolism of glucose, protein and lipids and significance of their intermediary metabolism in the body

b. Regulation of blood sugar and insulin in diabetes mellitus

c. Plasma proteins

d. Tissue protein in health and disease

**Unit V: Nutrients**

4 hours

a. Fat soluble vitamins

b. Water soluble vitamins

c. Body minerals and their metabolism

**Unit VI: Enzymes and Hormone**

4 hours

a. Body enzymes: Classifications, properties, biomedical action and their significance

b. Body hormones: Classifications, properties, biomedical actions and their significance

**Unit VI: Organic Compounds**

2 hours

a. Selected organic compounds and their clinical uses: Chloroform, iodoform, ethyl alcohol, formaldehyde, diethyl ether, acetic acid, phenol, urea, glycerin
Section B: Pharmacology (50 hours)

Unit I: Introduction to Pharmacology 6 hours
a. Introduction to terminologies and abbreviations used in pharmacology
b. Sources of drugs, drug formulations and dosage and routes of administration
c. Calculation of dosage for children
d. Pharmacokinetics: Absorption, distribution, metabolism and excretion of drug; plasma half life and steady state concentration
e. Pharmacodynamics: Mechanism of action, efficacy, potency, agonist and antagonist.
f. Adverse drug reactions and drug interactions (consequences, mechanisms with examples)
g. Factors modifying drug action
h. Therapeutic drug monitoring
i. Concept of essential drugs, essential drugs list and classification for different levels
j. Rational use of drugs: Definition, examples of rational and irrational use and impact of irrational use of drugs, promoting rational drug use
k. Drug prescription: Parts of prescription and their importance
l. Emergency drugs: Definition and List of emergency drugs
m. Role of nurse in drug administration
n. Legal issues in drug administration

Unit II: Antibiotics 3 hours:
a. Classification of antibiotics
b. Different antibiotics including their indication, mechanism of action, contraindication, adverse effects, and nursing implications for common infections
c. Use, misuse and problems of resistance

Unit III: Chemotherapy 3 hours:
a. Classification of different anti-neoplastic drugs including their mechanism of action, adverse effects and nursing implications.
b. Anti-neoplastic drugs

Unit III: Drugs affecting GI System 4 hours
Drugs used in GI system including their mechanism of action, adverse effects and nursing implications:
a. Antacids and anti-ulcer drugs, antihelmintics, emetics, antiemetics and antispasmodics
b. Hepato-toxic drugs and alteration of drug action in liver disorders
c. Drugs for diarrhea and constipation
Unit IV: Drugs affecting Respiratory System 4 hours

Drugs used in respiratory system including their mechanism of action, adverse effects and nursing implications:
   a. Anti-tubercular drugs
   b. Drugs used in cough and cold
   c. Drugs used in asthma and COPD

Unit V: Drugs used in Blood, Lymphatic and Immune Disorders 4 hours

Drugs used in blood, lymphatic and immune disorders including their mechanism of action, adverse effects and nursing implications:
   a. Drugs used in the treatment of anemia
   b. Drugs affecting blood coagulation
   c. Drugs used in tropical diseases: Malaria, filaria and kala-azar
   d. Immuno-suppressant and immuno-stimulant drugs

Unit VI: Drugs used in Urinary Disorders 2 hours

Drugs used in urinary disorders including their mechanism of action, adverse effects and nursing implications:
   a. Diuretics and anti-diuretics
   b. Nephrotoxic drugs and precautions to be taken to minimize toxicity

Unit VII: Drugs used in Musculo-Skeletal Disorders 3 hours

Drugs used in musculo-skeletal disorders including their mechanism of action, adverse effects and nursing implications:
   a. Neuro-muscular blocking agents and other skeletal muscle relaxants
   b. Nonsteroidal anti-inflammatory drugs (NSAIDS)
   c. Drugs used in gout, rheumatoid arthritis and osteoarthritis

Unit VIII: Drugs used in Cardio-Vascular Disorders 4 hours

Drugs used in cardio-vascular disorders including their mechanism of action, adverse effects and nursing implications:
   a. Cardiac glycosides
   b. Anti-angina drugs and anti-arrhythmic drugs
   c. Anti-hypertensive drugs
   d. Drugs used in cardio-vascular shock

Unit IX: Drugs used in Nervous Disorders 4 hours

Drugs used in nervous disorders including their mechanism of action, adverse effects and nursing implications:
   a. Sedatives-hypnotics
   b. Anti-epileptic drugs
   c. Antidepressants
   d. Antipsychotics
   e. Cholinergic / anticholinergic drugs
f. Adrenergic / antiadrenergic drugs
g. General and local anesthetics
h. Opioid analgesics and antagonists

Unit X: Drugs used in Endocrine Disorders  3 hours
Drugs used in endocrine disorders including their mechanism of action, adverse effects and nursing implications:
   a. Anterior pituitary hormones and their functions
   b. Drugs used in hyperthyroidism and hypothyroidism
   c. Anti-diabetic drugs
   d. Adrenal steroids

Unit XI: Drugs used in Eye, ENT and Skin Disorders  4 hours
Drugs used in eye, ENT and skin disorders including their mechanism of action, adverse effects and nursing implications:
   a. Mydriatics and miotics
   b. Antibiotics, antifungal agents, antiviral agents for topical application
   c. Drugs used in glaucoma

Unit XII: Pharmacotherapeutics in relation to Obstetrics, Paediatrics and Geriatrics  4 hours
   a. Drugs in pregnancy and labor
   b. Drugs during Lactation
   c. Drugs in newborns and children
   d. Drugs in elderly people

Unit XIII: Drugs used in Miscellaneous Disorders  2 hours
   a. Drugs used as antidotes of poisons including their mechanism of action, adverse effects and nursing implications: their management of poisoning is important.
   b. Common poisons and their antidotes: Organophosphate, aluminium phosphide, zinc phosphide, kerosene/ petroleum products, acid/ alkali, mushroom, belladonna/ dhatura poisoning, opioid and alcohol

Teaching Learning Methods: Interactive lecture, group discussion, demonstrations and individual and group work

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination
References

Biochemistry

Pharmacology
**Basic Sciences Practicum**

Code No: B.N.104  
Hours: 200

Placement: 1st Year  
Marks: 100

**Course Description:** This course provides students the opportunity to examine the different body substances and identify their characteristic features and abnormalities. This practical course also serves as the basis for developing students’ understanding about the disease conditions in the patients. This course also enables students to identify emergency drugs and drugs in standing order and enable them to calculate/prepare drugs and solutions needed for the patients.

**Course Objectives:** At the end of the course the students will be able to:
- Identify the position, and structure of human body systems
- Draw peripheral blood sample
- Carry out blood test for hemoglobin, sugar, oral glucose tolerance test and protein
- Perform total and differential blood counts (TCDC) of blood cells including the examination of ESR, BT, PT, CT
- Perform blood grouping and Rh typing and cross-matching
- Conduct the cranial nerve function tests
- Interpret the findings of respiratory function tests
- Collect specimens and perform routine examination of blood, urine, stool, sputum and other specimens
- Differentiate between the normal and abnormal cells in the biopsies of different body systems
- Identify the characteristic features of bacteria in culture media and interpret the findings and sensitivity tests
- Interpret the findings of common laboratory tests for typhoid fever, STI and HIV/AIDS
- Prepare the pharmaceutical mixtures and calculate drug dose and IV fluid
- Prepare the emergency medicine cart including the list of emergency medicines
- Prepare a list of medicines that are on standing order.

**Teaching/ Learning Activities:**

- **Anatomy and Physiology**  
  - Orientation of students to anatomy and physiology laboratory including equipment and chemicals
  - Anatomical examination of body systems through organ specimens, models and charts
  - Histological examination of organ specimens and body tissues: Skin, liver, bone, breast, kidney, lungs, stomach, colon, uterus, eye etc
  - Obtaining peripheral blood specimen through:
• Capillary puncture (finger tip, ear lobe and heel) and
• Vein-puncture

e. Testing for sensory and motor nerve functions
f. Examination of cranial nerve functioning including vision test and hearing test (Rinne's and Weber's tests)
g. Observation of respiratory function tests: Spirometry, vital capacity

• Biochemistry 30 hours
  a. Orientation to biochemistry lab including the equipment and instruments
  b. Performing examination of blood glucose, serum protein, urea and uric acid and serum Na, K, Cl, Ca and HCO3
  c. Performing oral glucose tolerance test
  d. Examination of CSF specimen and interpreting the findings

• Microbiology 50 hours
  a. Orientation to microbiology lab and the equipments
  b. Identification of the types of microscopes and their use
  c. Performing Gram stains, Albert’s stain and Ziehl Neelson’s stains
  d. Collection of urine, blood and faeces, and sputum specimens for culture and sensitivity tests
  e. Examination of blood for the presence of malarial parasite, leishmania and filariasis
  f. Interpretation of the findings of tests like Widal, VDRL, ELISA
  g. Use of different methods of sterilization and disinfection
  h. Examination of faeces:
    i. Routine examination for
      o Physical Examination- color, odor and consistency
      o Chemical examination- pH, Reducing sugar and occult blood.
      o Microscopic examination- leukocytes, epithelial cells, fats and parasites
  j. Urine examination: Routine examination for colour, odour, specific gravity, pH and blood and microscopic examination for RBCs, WBCs, epithelial cells and casts
  k. Urine testing for protein, sugar, ketone bodies, and human chorionic gonadotropin hormone

• Pathology 50 hours
  a. Orientation to Pathology lab: Equipment, instruments and tests
b. Observation of the gross and microscopic changes in cells and tissues in various disease conditions including neoplasm (through specimens and slides demonstrations)

c. Interpretation of pathological findings

d. Gross and microscopic examination according to body systems

e. Erythrocyte study: Erythrocyte counting, examination of hemoglobin level, hematocrit, ESR testing,

f. Leucocyte study: Leucocyte counting, differential counting, T and B lymphocyte assays

g. Platelet study: Platelet counting, examining bleeding time, prothrombin time and coagulation time

h. Blood grouping and cross matching and Rh typing

• **Pharmacology**
  30 hrs

  a. Identification of procured medicines and intravenous fluids in the pharmacy and their distribution

  b. Preparation of pharmaceutical mixtures and solutions

  c. Listing of emergency medicines, maintenance of a stock of emergency medicines and their distribution

  d. Listing of medicines on standing orders

  e. Calculation of drug dose for paediatric and geriatric group

**Assessment/Evaluation Methods:** Maintaining procedure book, interpretation of laboratory findings and practical examination

**Final Examination:** Oral examination and OSPE
Nursing Concepts and Principles (Theory)

Code No: B.N.105  
Total Hours: 100

Placement: 1st Year  
Total Marks: 100

Course Description: This course is designed to provide knowledge regarding the basic concepts of health and illness, including nursing theories which are the base for holistic health care to the clients in the hospital and in community settings.

Course Objectives: On the completion of this course the students will be able to:

- Explain the concepts of health, illness and wellness and factors influencing health status
- Describe the philosophy of nursing and explain the nurses’ role in various fields in Nepal
- Discuss the changes in nursing practice and education
- State the human ecology and its impact on human health
- Explain the use of nursing process in nursing care
- Explain the physiological and emotional response of the body to stress and crisis
- Explain the concept of rehabilitation and plan of disabled persons with problems of body function
- Illustrate various ways of being creative in nursing practice
- Identify ethical issues related to nursing and medicine that influence in health of the people.
- State the legal liabilities and responsibilities of a nurse
- Explain the pain perception and management of pain
- Explain the selected nursing theories and their application in nursing
- Describe holistic nursing and its application in providing care to patients.

Course Contents:

Unit I: Concepts of Health and Illness  
10 hours

a. Definition of health, illness and wellness
b. Models of health
   - Health-Illness continuum model
   - Health belief model
c. Level of Wellness
d. Maintaining a state of balance
   - Homeostasis
   - Biological rhythm
   - Mind-body interaction
e. Factors influencing health status
   • Internal environmental factors (personal characteristics, physiologic processes, emotional factors, physical growth and development and human behavior)
   • External environmental factors (physical, biological, social and cultural variables)

f. Stages of illness and tasks of convalescence

g. Concepts of self-help and health promotion

Unit II: The Philosophy and Profession 4 hours

a. Review value, nursing, philosophy and profession

b. Philosophy of Nursing
   • Examples of nursing philosophies
   • Criteria for developing philosophy of nursing

c. Basic philosophies affecting nursing's value system

d. Nursing as a profession: Professional development, criteria of profession

Unit III: Transitions in Nursing 6 hours

a. Review of nursing practice and education in Nepal from past to present.

b. Factors that leading to change in nursing
   • Education
   • Socioeconomic status
   • Politics
   • Professional organization
   • Advances in science and technology in medicine
   • Effect of globalization

c. Changes in education
   o Student enrolment
   o Curriculum
   o Teaching learning methods and media
     ▪ Preparation of teacher
     ▪ Teaching methods
     ▪ Clinical facilities
   o Privatization
   o Continuing education
   o Level of education

d. Changes in practice

e. Problems and barriers to the development of nursing education and practice in Nepal

f. Possible ways of resolving the problems

Unit IV: Human System and Environment 6 hours

a. Health and ecology
   • Definition of ecology and human system
- Composition of biosphere
- Interactions of human population in biosphere

b. Causes of imbalance in atmosphere, water and land
c. Effect of imbalance on human health

Unit V: Communication (Review)  
2 hours
a. Definition and Elements and tools of communication
b. Phases of communication
c. Principles of effective communication
d. Barriers of effective communication
e. Nurse patient relationship
   - Therapeutic relationship
   - Anti-therapeutic relationship
f. Therapeutic relationship Vs social relationship

Unit VI: Nursing Process (Review)  
4 hours
a. Background of the nursing process
b. Components of nursing process
   • Assessment
   • Nursing Diagnosis (NANDA)
   • Planning
   • Implementation
   • Evaluation
c. Skills needed in using nursing process.

Unit VII: Stress and Crisis  
10 hours
a. Stress
   • Definitions of stress, stressors, coping, adaptation
   • Characteristics of stress
   • Body responses to stress
      - Physiological
      - Psychological
   • Management of stress
   • Nurses role in stress management
b. Crisis
   • Definition of crisis and characteristics of crisis
   • Types (developmental, situational, separation and loss related crisis) and phases of crisis
   • Factors influencing the outcome of crisis
      - Perception of the problem or event
- Available situational support
- Emotional maturity and coping technique
- Previous experience
- Cultural influences
- The physical and emotional status
- Crisis of separation and loss
  - Loss, grief and mourning
  - Stages of dying, grieving and mourning process
  - Factors influencing the mourning process
- Nurses’ role in crisis resolution

**c. Burn out syndrome**
- Definition and degrees of burn out
- Cause and prevention of burn out in nursing

**Unit VIII: Rehabilitation** 4 hours
a. Meaning of disability and rehabilitation
b. Concepts of rehabilitation
c. Goals of rehabilitation
d. Process of rehabilitation
e. Nursing consideration while caring for clients with disabilities eg immobility, incontinence, aphasia etc
f. Discharge planning
g. Community responsibility for the disabled people

**Unit IX: Creativity in Nursing** 4 hours
a. Definition of creativity
b. Personality characteristics related to creativity
c. Stages of creative problem solving
d. Methods of being creative in nursing

**Unit X: Ethical Issues in Health and Nursing** 8 hours
a. Meaning of ethics
b. I C N code of ethics
  - Evolution of ethical concepts from 1953 to the present.
c. Major ethical issues raised by medicine and nursing
  - Abortion
  - Euthanasia
  - IVF (In-Vitro Fertilization)
  - Surrogate mother
  - others
d. Problems in nursing ethics due to:
  - A conflict of roles
• Holistic concept of health care
• The need to work with team members with different value systems

e. Process of ethical decision making
• Need for personal clarification
• Define ethical problems
• Plan & evaluate alternative
• Implement the best plan
• Evaluate the outcome

f. Ethical responsibilities of the nurse

Unit XI: Legal Aspects of Nursing 10 hours
a. Review of responsibilities and accountability
b. Definition of legal terms
• Informed consent
• Liability
• Negligence
• Malpractice
• Assault
• Battery
• Defamation
• Crime
• Tort
• Act
• Legal document
• Suit
c. Origin of common law and civil law
d. Classifications of law
e. Areas of potential liability in nursing
• Crimes and torts
• Negligence
• Malpractice
• Loss of client property
• Unprofessional conduct
f. Legal roles, right and responsibilities of nurse
h. Legal control of nursing practice
• Health act, Nepal
• Nepal Nursing Council: Licensure/ registration
• Credentialing
g. Legal protection in nursing
• Good Samaritan law
• Record keeping
- The incident report
- Nursing standard of care

h. Collective bargaining
i. Client rights
j. Professional organizations: NAN, ICN

Unit XII: Pain  
8 hours

- Definition and nature of pain
- Types of pain
- Theories of pain
- Physiological process of pain
- Factors affecting pain perception and response
- Pain assessment:
  - Subjective assessment
  - Objective assessment
- Pain Management
  - Pharmacological intervention- WHO ladder
  - Non-pharmacological interventions
- Nursing intervention in pain relief

Unit XIII: Nursing Theories  
16 hours

- Definition of concept, model, conceptual model, theory and nursing theory
- Background of nursing theory
- Importance of nursing theory to clinical practice, education, and research
- Major Nursing Theories
  - Florence Nightingale’s Environmental theory
  - Henderson’s Independent theory of nursing
  - Abdullah’s Problem solving theory
  - Orem’s Self care theory
  - Roy’s Adaptation model
  - Peplau’s Interpersonal Relationship theory
  - Lydia Hall’s Core, Care, Cure model
- Application of nursing theories in practice through nursing process.

Unit XIV. Holism and Holistic nursing  
8 hours

- Introduction to holism, holistic health, holistic health care and holistic nursing.
- Holistic health practice modalities
  - Touch therapy
    - Therapeutic touch
    - Foot Reflexology
    - Acupressure/ Acupuncture
    - Reiki
• Mind-body therapies
  o Progressive relaxation
  o Bio feedback
  o Guided imaginary
  o Meditation
  o Prayer
  o Humor and laughter
  o Hypnosis
• Alternative medical therapies
  o Ayurveda
  o Herbal medicines
  o Homeopathy
  o Naturopathy

**Teaching Learning Methods:** Interactive lecture, group discussion, demonstrations and individual and group work

**Internal Assessment:** Classroom participation, written assignments, written examination

**Final Examination:** Written examination

**References:**


Journals:
1. Anderson, David, Death and Dying.
5. A practical guide to modern nursing ethics", RN oct 1988, PP 26-29
6. Cerrato Paul L " What to do when your suspect Incompetence ", RN oct 1988 pp 36-41
Adult Health Nursing (Theory)

Code No.: B.N. 106
Placement: 1st Year

Total Hours: 60
Total Marks: 50

Course Description: This course provides knowledge and attitude on major health problems and its pathophysiology and prepares nurses to provide effective nursing care to the clients with different health problems in a given situation.

Course Objectives: After completion of this course, the students will be able to:

- State the developmental needs and tasks of different age group
- Identify the common medical/surgical health problems, their pathophysiology, clinical manifestations, diagnostic evaluations and their management.
- Describe the common emergencies and their management.
- Explain the benign and malignant tumors of different body systems their diagnostic evaluation, treatment and nursing modalities.

Course Contents:

Unit I: Developmental need and tasks adult
4 hours

- Developmental tasks of the young adult and middle aged group
- Developmental needs of the young adult and middle aged group

Unit II: Common Health Problems and Health Promotional activities for Adult clients

a. Physical, Social and Psychological health problems
4 hours

b. Nursing interventions for maintenance and promotion of these health conditions

Unit III: Review of Disorders /Problems of following systems
32 hours

a. Disorders of Respiratory system

- Pleurisy, pleural effusion, asthma, bronchitis, broncheactesis, pulmonary embolism, pneumonia, pulmonary tuberculosis, pneumothorax and acute respiratory distress syndrome, chest trauma.
- Special diagnostic procedures and their nursing management of the clients with bronchoscopy, bronchogram, thoracocentesis, Pulmonary Function Test and arterial blood gas analysis
- Therapeutic procedures: oxygen inhalation, endotracheal tube intubation, tracheostomy, chest tube and artificial ventilation and chest physiotherapy

b. Disorders of Cardiovascular and lymphatic system

- Cardiac disorders: Pericarditis, myocarditis, endocarditis, mitral and aortic valve disorders, coronary arterial diseases, hypertension, heart blocks,
congestive cardiac failure, rheumatic heart disease, arrhythmia, cardiac tamponade, pericardial effusion and cardiomyopathy

- Hematological disorders: Anaemia, leukaemia, hemophilia, thrombocytopenia
- Lymphatic disorders: Hodgkins/non Hodgkin’s diseases, lymphoma
- Special diagnostic procedures: cardiac enzyme analysis, ECG, TMT, ABP, Holter, Echocardiography, angiography
- Therapeutic interventions: angioplasty, valvoplasty, pace maker, cardiac catheterization, defibrillation, CPR, valve replacement including open heart surgery
- Nursing management of clients with medical and surgical conditions.

c. Disorders of Genito-Urinary system

- Upper and lower urinary tract disorders: Urinary tract infections, nephrotic syndrome, glomerulonephritis, renal failure, urolithiasis, BEP, pyelonephritis
- Diagnostic procedures: Urine analysis, KUB X-rays, cystoscopy, IVU, kidney biopsy, renal function test
- Therapeutic management of the clients with catheter drainage, nephrostomy tube, hemodialysis and peritoneal dialysis and kidney transplant.

d. Disorders of Endocrinal system / Metabolic

- Diabetic mellitus, hyperthyroidism, hypothyroidism,
- Diagnostic procedures: radiography, thyroid function tests, blood sugar tests
- Nursing management of the clients with endocrinal disorders and insulin and corticosteroid therapy

e. Disorders of Musculo skeletal system

- Common disorders: osteomalasis, paget’s disease, osteomyelitis, fractures, arthritis and muscular dystrophy and atrophy
- Diagnostic procedures: X-rays, MRI, laboratory studies and endoscopic studies: arthroscopy
- Management of the clients with musculo skeletal disorders and injuries, patients in casts, traction, crutches or walkers, braces including pre and post operative care.

f. Gastro-intestinal disorders

- Disorders of oesophagus, stomach, intestines, rectum and anus: Hernias, gastritis, GERD, gastroenteritis, peptic ulcer, GI bleeding, appendicitis, diverticulitis, intestinal obstruction, inflammatory bowel diseases, hemorrhoids, rectal polyp, anal fissures
- Disorders of liver, gall bladder and pancreas: Hepatitis, cholecystitis, cholelithiasis, pancreatitis, cirrhosis of liver, portal hypertension
- Diagnostic procedures: ultrasonography, endoscopy, barium meal, barium enema, liver function test, liver biopsy, cholecystography
- Management of the clients with above conditions including gastro-intestinal and pre and post operative care.
g. Neurological Disorders
   - Spinal cord injury, encephalitis and meningitis, Gullein barre syndrome, Myasthenia Gravis, head injury, tregiminal neuralgia, Bell’s palsy
   - Diagnostic procedures: X-ray, CT scan, MRI, EMG, tensolin test
   - Management of the clients with neurological disorders, care of unconscious patients including pre and post operative care of above conditions.

h. Disorders of Sensory organs
   - Eyes disorders: Blindness, foreign bodies in eyes, keratitis, Cataract, glaucoma, dacrocystitis, conjunctivitis, trachoma, xeropthalmia, corneal ulcer, diabetic retinopathy, visual impairments, retinal detachment, uveitis
   - Ear disorders: Otitis media, furunculosis, foreign bodies, mastoiditis, otosclerosis, Menier’s disease, hearing impairments
   - Nose and throat disorders: foreign body, deviated nasal septum, epistaxis, pharyngitis, laryngitis, tonsilitis
   - Skin disorders: Dermatitis, herpes simplex, herpes zoster, impetigo, burn, eczema and psoriasis.
   - Diagnostic procedures for eye, ear, nose, throat and skin disorders
   - Nursing management of the clients with the above conditions including pre and post operative care.

Unit IV: Emergency Nursing 6 hours
   - Scope and practice of Emergency Nursing
   - Issues in Emergency Nursing care
   - Components of Emergency Care
   - Major Emergency Conditions and their management
   - Disaster Planning /Mass Casualty Incidents

Unit V: Oncology Nursing 14 hours
   a. Terminologies: Benign tumors and malignant tumors
   b. Malignancies
      - Adenocarcinomas
      - Cancer of head and neck: oral cancer, laryngeal cancer
      - Cancer of gastrointestinal tract: esophageal cancer, gastric cancer, colorectal cancer
      - Blood cancer
      - Breast cancer
      - Lung cancer
      - Liver cancer, gallbladder cancer and pancreatic cancer
      - Uterine cancer/cervical cancer
      - Soft tissue sarcomas
      - Benign Enlargement of Prostate (BEP)
   c. Diagnostic interventions: X-rays, CT Scan, MRI, biopsy, Pap smears, mamography
d. Treatment modalities and nursing interventions: surgery, radiotherapy, chemotherapy, immunotherapy.

e. Hospice and palliative care

f. Grief and grieving process

Teaching Learning Methods: Interactive lecture, group discussion, demonstrations and individual and group work

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination

References:
Adult Health Nursing (Practicum)

Code No.: B.N. 107  
Placement: 1st Year  
Total Hours: 150  
Total Marks: 50

Course Description: This course provides an opportunity to the students to apply knowledge gained from theoretical course to the practical situation in providing care to the adult clients with different medical and surgical disorders.

Course Objectives:
- Assess the clients physical and mental health status
- Utilize the knowledge of developmental task of young adult and middle adult in planning nursing intervention
- Prepare clients for different diagnostic procedures
- Provide care to the clients with different medical/surgical disorders in a holistic way using nursing process
- Provide care to the patients in rehabilitative care to the patients with different diseased conditions.

Activities (Practicum): Students will be posted in medical, surgical, eye/ ENT, orthopedic wards and rehabilitation centers (1 week in each ward) in order to develop skills on the following activities:
- Assess the clients physically and mentally
- Identify different developmental task of young adult and middle age adult
- Prepare clients for different diagnostic procedures
- Provide care to the clients with different medical/surgical disorders in a holistic approach
- Provide rehabilitative care to the patients in rehabilitation centers.

Minimum requirements and Evaluation

Internal Evaluation (37.5)  

<table>
<thead>
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<th>Activity</th>
<th>Marks</th>
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<tr>
<td>1. Physical Assessments of the client</td>
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<tr>
<td>2. Case Study (Medical or Surgical)</td>
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<tr>
<td>3. Case Presentation</td>
<td>1</td>
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<tr>
<td>4. Case study in Rehabilitation center</td>
<td>1</td>
</tr>
<tr>
<td>5. Performance evaluation</td>
<td>-</td>
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</table>

Total  

Final Practical Examination: Oral examination: 12.5 marks
Community Health Nursing - I (Theory)

Code No: B.N.108

Total hours: 100

Placement: 1st Year

Total marks: 100

Course description: This course reviews concept and principles of community health nursing, and the use of the nursing process in the care of individual, family and community. The major focus is on maternal and child health (MCH) problems and care.

Course Objectives: At the completion of this course, student will be able to:

- Review the historical development of community health and community health nursing
- Discuss the concept of community health, determinants of health, the importance of community participation
- Explain the community resources and its importance and use.
- Discuss the principles of primary health care concepts in Nepal.
- Describe the importance of the nursing process in the care of individual, family in community setting.
- Explain the concept of MCH and domiciliary midwifery, its importance and challenges
- Describe the use and importance of vital health statistics and epidemiological approach to identify community health problems and provide service accordingly
- Discuss the national health programs related to maternal and child health
- Review the school health programme, its importance and activities
- Review the reproductive health concept, component and problems in Nepal specially focusing on national strategies, policies, protocol and intervention in different level of health care setting
- Explain the occupational health nursing, its scope, problems and nurses role on occupational health
- Review the environmental problems on global prospect
- Review recording and reporting system and referral system in different levels of community health care setting.

Course contents:

Unit 1: Background of community health and community health nursing  6 hours

a. History of community health/ community health nursing (review)

- International
- Nationals
  - Before 1972
  - After 1973
• Integrated and non-integrated health services
b. Role and responsibilities of CHNs in past and present (review)
  • job description of staffs working in Primary Health Care Center, Health Post and Sub Health Post
c. Changing concept of community health
  • Disease control phase (1880-1920)
  • Health promotional phase (1920-1960)
  • Social engineering phase (1960-1980)
  • Health for all phase (1981-2000)
  • Community health after 2000 A.D.

Unit 2. Concepts of community health (Review) 4 hours
a. Definition of community
b. Determinants of health
  • Human biology
  • Environment
  • Ways of living
  • Socio-economic status
    ✓ Hazards of poverty
    ✓ Hazards of affluence
    ✓ occupation
c. Responsibility for health
  • Individual and family
  • Community
  • National (government)
  • International
d. Community client and nursing practice
  • Community as target of service
  • Group problem solving through community participation
  • Change affects whole community
e. Factors influencing community
  • Urban/rural
  • Education/occupation
  • Ethnic group/castes
  • Geography
  • Socioeconomic
  • cultural
  • political
f. Review of community assessment and community diagnosis
  • definition/ concept of community diagnosis
• Purpose of community diagnosis
• Components of community diagnosis
• process of community diagnosis
• Methods of collecting data
• Using data to plan health actions
• Evaluation\outcome

Unit 3: Community Resources 6 hours
a. Definition of community resources
b. Resources: man, money, material and time.
c. Local community resources: Production and activities:
   • Village Development Committee, Municipality based and community leader, Mothers’ club, School teachers, Post office, Library, Bank, Agricultural workers, Animal husbandry, Traditional healers, Dispensary
d. National and international Agencies (unilateral, bilateral and multilateral)
   • National agencies:
     SSNCC (Social Service Coordination Council), SAARC, Nepal Red Cross Society, Nepal Women's Organization, Water and Sanitation, Rotary Club, Lion's Club, Women's Training Center, Rehabilitation Center, Bal Mandir, SOS village, Paropakar, Spinal injury rehabilitation center, Community mental health programs NGOs: SCF(UK and USA), Red Barna, Dooley Foundation volunteer Agencies (VSO, Peace Corps, JOCV, DVO) and Others
   • International Agencies
     WHO, UN, UNICEF, UNDP, UNFPA, WORLD BANK FAO, JICA, USAID, GTZ, DFID

Unit 4: Primary Health Care (Review) 3 hours
a. Definition and concept of PHC
b. Primary Health Care: The Alma Ata Declaration:
   • Health for All by the year 2000 including its achievement
   • History of PHC in Nepal
c. Principles of PHC
d. Essential Elements of PHC
e. Role of community health nurse in PHC
f. Government plan, policy, strategies, target, activities and achievements.

Unit 5: Family Health Care 6 hours
a. Introduction to family health care
   • Definition of family health nursing and family health care.
   • Roles and responsibilities of nurse in family health care.
   • Review of different types of nurse family contact e.g. home visit, clinic visit.
b. Review: nursing process
Assessment phase of the nursing process:
- History taking
- Physical examination
- Laboratory investigation
- Methods of Data Collection (Direct observation, Interview/Review of records)

Analysis of Data and Identification of family problems
- Health threat
- Health deficit
- Crisis situation

Prioritization of health problems
- Developing the Family Nursing Care Plan
- Implementation of Plan in family
- Evaluation Phase of the Nursing Process

Unit 6: Review of Midwifery service including Domiciliary Midwifery 12 hours
a. Concept and components Reproductive health and Safe motherhood: EOC (BEOC/CEOC)
b. Essential obstetric care at different level: home, community, district, zonal/ regional, national
c. Millennium development goal (MDG 5,4 and 6)
   - Skilled Birth Attendant (SBA): Introduction, plan and policies and strategies of the government
   - Preconception care
   - Antenatal care/ Intranatal care/ Postnatal care
   - Care of the neonate (immediate and essential newborn care) and infant
   - Care of children (1-5 years)
   - Causes of maternal morbidity and mortality
   - Causes of infant morbidity and mortality
   - Combat HIV/AIDS, malaria, and other diseases

Unit 7: Risk Approach with MCH services 8 hours
a. Definition of risk factor, population at risk and relative risk
b. Common maternal risk factors in Nepal
   - High Risk Pregnancy
   - Specific cultural customs of child bearing
c. Common childhood risk factors in Nepal
   - Unhealthy and illiterate mother, Large family, Poor sanitation, Malnutrition
   - Specific cultural customs of child rearing
d. Examples of relationship between risk factors and outcomes
   - Causative (maternal, malnutrition, low birth weight)
   - Contributory (high parity, transverse lie/prolapsed cord)
• Chain of relationship (poverty and illiteracy, low birth weight, gastro-intestinal problems, marasmus, infant death)

e. Measurements of Outcomes
   • Maternal morbidity and mortality
   • Infant and childhood morbidity and mortality
     Age and sex specific rates
     Local, district and national rates

f. Nursing interventions of individuals, families and communities at risk, using three levels of prevention

Unit 8: Use of Vital Health Statistics  8 hours

a. Review of main demographic terms (demography, population size, population composition, sex ratio, dependency ratio, population pyramid)

b. Meaning of incidence, prevalence, morbidity, mortality

c. Review of types of vital statistics
   • Birth rate
   • Death rate
   • Rate of natural increase

d. Review of types of health statistics
   • Rates (incidence, prevalence, morbidity, mortality)
   • M.C.H. rates (maternal mortality, infant mortality, fertility, others)

e. Health services statistics
   • Antenatal coverage
   • Immunization coverage
   • Family planning acceptors
   • Others

f. Statistical Resources in Nepal related to Health and Diseases
   • Bureau of Statistics
     ✓ National census
     ✓ National registration of vital events
     ✓ Population sample survey
   • Ministry of Health
     ✓ Public Health division
     ✓ Epidemiological section
   • Records of hospitals, clinics and health posts
   • Health and vital statistics: recording and reporting system in municipality and VDC

Unit 9: Epidemiological Approach  6 hours

a. Definition/ concept of epidemiology (Review)

b. Epidemiological approach to problem solving e.g. Nutrition problems, diarrhea disease, immunization coverage, increase family planning acceptor etc
c. Role of nurse in epidemiology

d. Epidemiological methods

e. Comparison of problem solving approaches
   - Nursing process for individuals
   - Epidemiological approach for group

f. Review selected epidemiological concept
   - Catchment area
   - Stages of diseases
   - Interaction of agents, host and environment
   - Screening

g. Description and use of following tools
   - Maps, Charts and graphs, Health Cards, Rates and Special care register for high risk groups

**Unit 10: National Nutrition Program**

8 hours

a. Nutritional Problems in Nepal (vit A deficiency, Iron deficiency, Iodine deficiency, Low birth weight) and nurses’ role

b. Nutritional programmes in Nepal (Deworming program, Vit A supplementation, Iron supplementation, Iodized salt)

c. Assess Nutritional status of children
   - Review growth monitoring using weight and height
   - Education on preparation of children's food

d. National Nutritional programs: plan, policies, strategies and activities

**Unit 11: Control of Diarrheal diseases and ARI at community level**

5 hours

a. Strategies
   - Prevention of diarrhea and ARI
   - Treatment of diarrhea and ARI

b. Application of Epidemiological approach to diarrheal diseases and ARI

c. Interpretation of available data at local and district level

d. Role of Nurses
   - Educator
     - Assessment of level of knowledge, attitudes and practical in community
     - Planning and implementation of health education for community
   - Coordinator
     - Good rapport with community leaders
     - Multi-sectoral approach in order to improve quality of water supply and construction of pits, latrines and drainage system
   - Supervisor
     - Health workers

   - Community
   - Evaluator
Evaluates outcome by looking at incidence of diarrhea at local/district level

Unit 12: Expanded Program of Immunization  
4 hours

a. Review on immunization
b. National policy on immunization program
c. Immunization program (maintenance of cold chain including its problems, importance and possible solution
d. Application of epidemiological approach with major vaccine preventable diseases in Nepal.
   • Measles
   • Neonatal tetanus
   • Tuberculosis
   • Polio
   • Diphtheria, pertussis
   • Hepatitis B
   • Hib
   • MMR
   • Cholera
   • Typhoid
e. Evaluation of program (use of indicators)
f. Strategies to improve immunization coverage

Unit 13: School Health Program  
(Review)  
2 hours

a. Objectives and importance of school health programme
b. Component of school health program
c. Assessment of health status of school age children and school environment in order to identify common health problems
d. Physical examination to identify individual or group problems
e. Planning and implementation of school health actions
   • Health education to students (hygiene, nutrition along with RH)
   • Inform teachers of serious individual health problems in order for teachers to inform parents.

Unit 14: Family Planning Program in Nepal (Review)  
4 hours

a. Review anatomy and physiology of male and female reproductive system
b. Objective of family planning
c. National goals in F.P. and agencies involved with F.P.
d. Need for child spacing (Importance)
e. Methods of contraception including Emergency contraception
f. Methods to mobilize community to support and participate in F.P. programs
g. Monitoring and supervising F.P. at local and district level
h. Family planning practices in Nepal.

**Unit 15: Occupational Health** (Review) 6 hours
a. Introduction and definition of occupational health
b. Objective of occupational health nursing
c. Scopes of occupational health nursing and its importance
d. Health problems of workers due to industrialization
e. Occupational health hazards and their types
f. Prevention, control and management of occupational health hazards

**Unit 16: Environmental health** 10 hours
a. Introduction
b. Environmental Problems (globally and nationally)
c. Reduction and management of environmental problems
   - Global warming: green house effect, lead/mercury poisoning

**Unit 17: Recording and Reporting system** 2 hours
- Recording and reporting system in community level health care setting in Nepal
- Referral mechanism

**Teaching Learning Methods:** Interactive lecture, group discussion, demonstrations and individual and group work

**Internal Assessment:** Classroom participation, written assignments, written examination

**Final Examination:** Written examination

**References**
Community Health Nursing (Practicum)

Code No: B.N.109  Total Hours: 300
Placement: 1st Year  Total Marks: 100

Course Description: The course offers the student with opportunities to provide care of people in home setting by involving family members and key person of community by utilizing nursing process and emphasizing the principles of primary and essential health care.

Students are assigned to community for six weeks as a team member to improve the MCH service with emphasis on nutrition problems, control of infection and diarrheal diseases, EPI, school health program, reproductive health service and primary health care.

Course Objectives: On the completion of this practicum, students will be able to:

- Provide home based care to individual and family by identifying need based health care.
- Establish (set up), organize and participate in MCH/FP clinic
- Conduct school health program
- Identify and manage the problems of women in their antenatal, intranatal and postnatal period along with newborn and refer them if necessary
- Plan and provide health education for individual and family
- Identify available community resources and use them effectively
- Use epidemiological approach to solve community health problems
- Advice to preserve nutrient values of food stuff.

Summary of Field and Evaluation Tool

Clinical hours and marks distribution

Internal Evaluation: 75%

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<th>S.N.</th>
<th>Evaluation Tools</th>
<th>No. of Assignments required</th>
<th>Duration</th>
<th>Marks</th>
</tr>
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</table>
| 1    | Community survey
      Home based family care
      School health service
      Health teaching
      Daily diary report writing | individual report
individual report
individual report
individual report
individual group report | 4 wks | 25
| 2    | MCH/FP performance evaluation        | Individual                 | 2 wks    | 15    |

Final Evaluation: Oral Examination: 25 marks
Health Sociology and Psychology (Theory)

Code No: B.N.110  
Total Hours: 50

Placement: 1st Year  
Total Marks: 50

Course Description: This course is designed to provide knowledge regarding the concepts of psychology, sociology and anthropology including the behavioral, social and cultural influences on health, illness and sickness.

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

- Explain the concept of sociology, anthropology and psychology
- State the relationship between individual and society
- Describe the history of medicine and various types of alternative therapies
- Relate how socio-cultural practices influence health and health behavior
- Identify the significance of socialization in health including the theories of socialization
- Explain the significance of interpersonal relationship and the barriers to nurse client relationship
- Identify the factors determining the social change and its consequences on health of the people
- Describe the importance of health psychology in nursing
- Explain the client's health behavior from different perspectives
- State the meaning of sensation, attention and perception and factors affecting them
- State the meaning, nature and theories of motivation and emotion and their relation to health
- Describe the determinants of personality and theories of personality
- State the factors affecting intelligence and different tests used in assessing IQ
- State the sources of frustration and conflict and their management.

Course Contents:

Sociology and Anthropology

Part A  
25 hours

Unit I: Introduction to Sociology and Anthropology  
3 hours

- Definition, nature and scope of sociology and anthropology.
- Branches of sociology and anthropology.
- Importance of sociology and anthropology in nursing profession.
Unit II: Individual and Society  
2 hours  

- a. Meaning, characteristics and elements of society (Review)  
- b. Individual in relation to heredity and environment  
- c. Historical development of society in relation to health  
- d. Relation between individual and society  

Unit III: History of Medicine  
2 hours  

- The dawn of civilization to Egyptian medicine  
- The influence of Greek and Roman medicine  
- Medicine and medieval period  
- Medicine in an Industrial society  

Unit IV: Traditional and Alternative medicine/practitioner  
2 hours  

- Alternative medicines and their practitioners (review from nursing concept)  
- Barefoot Doctors  
- Self medication  
- Role of traditional healers in the present Nepalese society  

Unit V: Culture and Health  
3 hours  

- a. Culture (Review)  
  - Meaning and definition of culture  
  - Characteristics, elements and functions of culture  
  - Role of culture in personality development  
  - Relation of culture with health  
- b. Cultural beliefs and food practices and their effect on health of the people  
- c. Child bearing and rearing practices specific to different ethnic groups  

Unit VI: Socialization and Social Learning  
2 hours  

- a. Socialization  
  - Definition, meaning and significance of socialization in health (Review)  
  - Agencies, characteristics and stages of socialization (Review)  
  - Theories of socialization (Sigmund Freud, Cooley, G.S mead)  
- b. Social Learning and its implication to health  

Unit VII: Health, Illness and Sickness  
6 hours  

- Definition of health, illness and sickness  
- The sick role: introduction to illness as medical deviation and sickness as social deviation and being sick  
- Factors affecting sick role: Age, sex, race, ethnicity and social class
• Review of models of health behavior (health belief model, health promotion model)
• Sick role models
  ➢ Person’s sick role model
  ➢ Swartz and Hollander’s model
• Biopsychosocial models of Illness behavior
• Social-cultural influence on health and health behavior
• Suchman’s stages of illness behavior
  ✓ The symptom experience stage
  ✓ Assumption of sick role stage
  ✓ The medical care contact stage
  ✓ The recovery or rehabilitation stage
• Meaning and significance of the therapeutic relationship
• Barriers to effective provider-consumer relationship
• Nurse’s role to remove barriers

Unit VIII: Socio-Cultural Change, Social problem and Control  5 hours

  a. Socio-cultural change
  • Definition and nature of social and cultural change
  • Factors determining the social change
  • Effects of change in individual, family and society
  b. Social Problems
  • Meaning, nature and causes of social problems
  • Different social problems: Prostitution, sexual abuse, alcoholism, drug abuse, crime, suicide and child labor and their impact in society and health. (causes and their impact)
  c. Social Control (Review)
  • Meaning, purpose and need for social control
  • Agencies of social control (formal and informal agencies)
  • Health behavior modification through legal measures

Part B  25 hours

Health Psychology

Unit I: Introduction to Health Psychology  4 hours

• Definition of psychology and health psychology
• Branches of psychology- educational, clinical, developmental, social and health psychology (review)
• Methods of health psychology: experimental, observational and clinical (review)
• Importance of health psychology in nursing
• Study of behavior from different perspectives: Behavioral, biological, cognitive, social, cultural, developmental, humanistic and psychoanalytic perspectives

Unit II: Sensation, Attention and Perception 2 hours
• Definition of sensation, attention and perception
• Factors affecting attention
• Factors affecting perceptions (subjective and objective)
• Role of perception in forming health belief and practices

Unit III: Emotion and Motivation 6 hours
a. Motivation (Review)
   • Definition of motive, motivation and drive
   • Types of motive (biological, social and unconscious motive)
   • Theories of motivation (drive theory, incentive theory, optimal level and opponent process theories)
   • Role of motivation in learning, in behavioral change and for utilizing modern health facilities
b. Emotion
   • Meaning and nature of emotion (Review)
   • Emotional development throughout lifespan (Review)
   • Effect of emotion on health
   • Importance of expression and control of emotion
   • Measures to control emotion
   • Theories of emotion (James Lang theory, Cannon Bard, Schcachter & Singer's Cognitive appraisal theory)

Unit IV: Intelligence 3 hours
a. Definition of intelligence and types of intelligence
b. Factors affecting intelligence
c. Intelligence test: Standford-Binet Intelligence scale, Weschler tests
d. Categorization of people on the basis of I.Q. testing: Mental retardation

Unit V: Personality 6 hours
a. Definition and characteristics of personality
b. Determinants of personality: Hereditary, psychological, sociological factors
c. Personalities theories:
   • Sigmund Freud's psychosexual theory of development
   • Erik Erickson's psychosocial theory of development
   • Piaget's cognitive theory
   • Sullivan's interpersonal theory
d. Assessment of Personality: Observation, Questionnaire, Projective techniques (Rorschach ink blot technique, Thematic Apperception Test).

Unit VI: Frustration and Conflict 4 hours

a. Frustration
   - Definition of frustration and sources of frustration (environmental and personal)
   - Reaction of frustration
b. Conflict
   - Definition of conflict
   - Types of conflict:
     - Approach-approach conflict
     - Approach-avoidance conflict
     - Avoidance-avoidance conflict
     - Multi approach- avoidance
c. Measures to reduce stress: Relaxation, recreation, diversion, exercise and defense mechanism.

Teaching Learning Methods: Interactive lecture, group discussion, demonstrations and individual and group work

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination

References

English (Theory)

Code No: B.N.111
Total Hours: 50

Placement: 1st Year
Total Marks: 50

Course Description: This course offers the students the basic concepts in communication skills in reading, writing and speaking in English.

Course objectives: At the completion of the course, students will be able to:
- Use tense, time and aspect
- Identify sentence (clauses) and its types and transformation of sentences
- Communicate in different technical aspects of English language
- Develop reading skills, note making and summarizing from different passages
- Prepare short memoranda; write business letters, job application, seminar papers, bio-data and proposal writing.

Course Contents:
Unit I: Review of Written English 10 hours
a. Sentence structure (identification of sentence or its types and transformation of sentences) and clauses.

Unit II: Oral Communication 15 hours
a. Note taking and summarizing
b. Preposition, clauses and phrases (noun, adjective and adverb) and their use, verbal phrases, types of English (variety levels of English)
c. Technical talk (Environmental impact, Impact of computer in Modern Society, Impact of Satellite Communication, Communication with patients (dealing with the patients according to their emotional state) and health team members, Urban Development, Drug use problems, Role of Nurses in the Community, Disease Outbreak, etc).

Unit III: Technical Writing Skill 10 hours
a. Preparation of short memoranda its Importance, formats, Health messages including Nursing notes, Business letters and its importance and purposes
b. Paragraph writing (descriptive/narrative, argumentative, compare and contrast, etc)
c. Job application and bio-data writing
d. Description writing (process, mechanism, place, etc), seminar paper (conduction of seminar, preparation of circular, presenting seminar paper), Report writing, Proposal writing (Importance-type, formats) and Preparation of reports (Importance-types, formats)
Unit IV: Reading Skill 15 hours
   a. Comprehension questions and exercises (from prescribed passages –Health related passages)
   b. Outlining or note taking, précis writing

Teaching Learning Methods: Interactive lecture, group discussion, demonstrations and individual and group work

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination

References:
   5. A Handbook of Pronunciation of English Words (with 90 minutes audio cassette).
   6. Communication Skill in English
Computer Science (Theory)

Code No: B.N.112  Total hours: 50
Placement: 1st Year

Course Description: This course is designed to study the fundamentals of computers and its application nursing.

Course Objectives: At the end of this course, students will be able to:

- Acquire the basic knowledge of computers
- Finds the utility of computer application in other fields
- Develop the ability in creating data base
- Learns database programming
- Appreciates the utility of computer through algorithms and flow charts
- Prepare files and store files
- Stores and analyze of data
- Represent the data through graphs

Course Contents:

Unit I: Fundamentals of Computer

a. Historical overview of computers
b. Types of computers
c. Parts of computers
d. Application of computer in scientific, educational and medical sciences.
e. Computer language

Unit II: Data Processing Concepts

a. Booting
b. DOS Commands
c. Creating a data base
d. Creating reports
e. An approach to Database Programming
f. Learning Database programming
Unit III: Approach to Problems Solving

a. The Logic of a computer  
b. Problems definition  
c. Algorithms - representation  
d. Step by step development of algorithms  
e. Flow charts - Symbols and structurized programming

Unit IV: Word Processor

a. MS office 2010  
b. Storing files  
c. Use of computer in nursing research- Epi Info, SPSS
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<th>Total Hours</th>
<th>Total Marks</th>
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<td>Gerontological Nursing I(Pr)</td>
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## Methods of Evaluation for the Course

### Second Year Courses

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Gerontological Nursing I (Theory)

Code No: B.N.201  Total Hours: 50
Placement: 2nd Year  Total Marks: 50

Course Description: This course is designed to provide knowledge on gerontological nursing with special focus on the concepts and theories of aging, their physiological and psycho-social changes and problems along with their health promotion.

Course Objectives:

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

- Explain the basic concepts of gerontology and gerontological nursing
- Explain the demography of aged population
- Describe the theories of ageing and its application in the gerontological nursing
- Describe the physiological and psychosocial changes in the older adults and its impact on their health
- Describe the roles and responsibilities of the nurse in the health promotion, risk reduction and disease prevention activities.
- Explain the ethical and legal issues related to care of older adults.
- Explain the concept of death and dying, and end of life care.

Course Contents:

Unit I: Basic Concepts of Gerontology  8 hours

a. Definition of Gerontology and geriatrics
b. History of gerontology
c. Difference between adult and gerontological nursing
d. Scope of gerontological nursing
e. Overview of ageing
   - Definition of ageing
   - Typology of ageing
f. Physiology of aging
   - Aging Cells
   - Aging Organs
g. Ageing as a multidisciplinary subject
h. Scope of gerontological nursing

**Unit II: Demography of Ageing Population**  
6 hours

- Basic concept of demography and terminologies related to ageing.
- Issues related to world population ageing
- Trends and pattern of life expectancy
- Ageing population in developed and developing countries
- Global perspective of ageing population and their issues
  - Living arrangements
  - Housing
  - Family and community care
  - Impact of ageing society on the health care system
  - Changing pattern of disease
  - Feminization of ageing

**Unit III: Theories of Ageing**  
6 hours

- Evolutionary theory
- Biological theories of ageing
  - Genetic theory
  - Wear and tear theories
  - Nutrition theories
  - Environmental theories
- Psychosocial theories of ageing
  - Disengagement theory
  - Continuity theory
  - Development task theory
  - Gerotranscendence theory

**Unit IV: Ageing and Physiological Changes**  
10 hours

- Respiratory system- infection
- Digestive System- constipation, oral health
- Musculo-skeletal System
- Endocrine- diabetes, diabetes mellitus
- Nervous System- dementia, Alzheimers disease, Parkinsons disease, depression
- Lymphatic and Immune system
- Reproductive- prolapse, BEP
- Sensory system- cataract, hearing loss, elronic simities
- Muskulo-Skeletal system- Arthritis, Osteoporosis, orthopedic impairments
- Bones and Joints
k. Circulatory system: hyperthermia, heart disease, stroke, varicose veins
l. Urinary system: incontinence
m. Others: Cancers, tumors,
n. Care for the psychologically and cognitively impaired elderly

Unit V: Fundamentals of Gerontological Nursing 4 hours
a. Core elements of Gerontological nursing
b. Gerontological nursing roles & responsibilities
   • Healer
   • Caregiver
   • Educator
   • Counselor
   • Advocate
   • Innovator
   • Researcher
c. The future of Gerontological Nursing

Unit VI: Basic concepts of Gerontological Nursing 2 hours
a. Health screening, maintenance, its promotion and management
b. Communication skills
c. Nutrition and fluid balance
d. Medication in older adults
e. Health assessment of older adults

Unit VII: Legal and Ethical Issues 6 hours
a. Professional standards: Their origin and legal significance
b. Overview of relevant laws related to geriatrics
c. Abuse in older adult and its protective measures
d. Provision of service requirements
   • Quality of care
   • Malpractice of drugs
   • Restraints
   • Legislative services

Unit VIII: Death, Dying and End of Life Care 6 hours
a. Concept of death and dying
b. The needs of dying patients and their families
c. Decision making at the end of life  
d. End of life care  
   - Palliative care and Hospice care  
   - Getting Help  
   - Role of nurse at end of life care

**Teaching Learning Methods:** Interactive lecture, group discussion, demonstrations and individual and group work.

**Internal Assessment:** Classroom participation, written assignments, written examination

**Final Examination:** Written examination

**References**

   Jones and Bartlett Publishers.
2. Geriatric Nursing: Competence for care, Edited by Kristen L.
4. Sallay J. Redfern Nursing Elderly people Churchill Livingstone
5. Meredith Wallace and Sheila C. Gerontological Nursing Certification.
7. Handbook of Gerontological Nursing
9. Sue E Meiner. Gerontological Nursing
Gerontological Nursing - I (Practicum)

Code No: B.N.202

Total Hours: 150

Placement: 2\textsuperscript{nd} Year

Total Marks: 50

Course Description:

This course is designed to apply knowledge from core course in providing Nursing care to older adult client in the hospital and institutional setting.

Course Objectives:

on completion of the clinical posting, Students will be able to:

1. Provide holistic Nursing care to Geriatric clients using Nursing process.
2. Analyse the common problems faced by Geriatric client.

Learning Experiences:

1. Students will spend 1 week in observation visit in rehabilitation centre, Hospice, community based day care centre etc.
2. Students will spend 2 weeks with Inpatient Geriatric client to provide holistic care.
3. Students will spend 2 weeks in Old Age Home proving need based care.

Clinical Evaluation

Internal Assessment 37.5 marks

- Case Study 10
- Observation report 7.5
- Clinical Performance 20

Final Examination

- Oral 12.5 marks
Psychiatric Nursing I (Theory)

Code No.: B.N.203  
Placement: 2nd Year  
Total Hours: 50  
Total Mark: -50

Course Description: This course helps students to learn principles of mental health and the management of the mentally ill clients in hospital and community setting. It also focuses on the most common psychiatric disorders and its management.

Course objectives: At the end of this course, students will be able to:
- Explain the concept, history, principles, of psychiatric nursing
- Describe most common psychiatric disorders and it's management
- Describe causes, prevention, investigation and treatment of mental illness
- Discuss mental illness related to puerperium
- Describe role of mental health nurse in the hospital and community
- Identify the role of health personnel in providing mental health services in the community.

Course Contents

Unit I: Introduction to mental health  
4hrs

- Concept of mental health and mental illness.
- Philosophy/ principles of mental health nursing
- History of psychiatry, psychiatry nursing in Nepal
- Classification of mental illness according to I C D (International classification of diseases) DSM (Diagnostic and statistical manual)
- Magnitude of mental problem in Nepal
- Role of psychiatric nurses in the hospital and community.

Unit II: Assessment, theories and relationship  
6 hrs

- Assessment of mental ill client
  - Psychiatric history taking
  - Mental status examination
- Personality theories( Review from psychology)
  - Sigmund Freud
  - Erik Erickson
  - Piaget
  - Sullivan
• Defense mechanism
• Therapeutic relationship
• Process recording

Unit III: Causes, Prevention, and Investigation 4 hrs

a. Special investigation
b. Causative factors of mental illness
c. Prevention of mental disorders

Unit IV: Mental Illness 16 hours

4.1 Organic Psychiatric disorders
• Delirium,
• Dementia

4.2 Psychotic disorders
• Chronic Psychosis (Schizophrenia)
• Acute and transient Psychotic disorder

4.3 Mood Disorder (affective disorder)
• Mania (bipolar affective disorder)
• Depression

4.4 Neurotic disorder
• Anxiety disorder
• Generalized anxiety disorder
• Conversion disorder/ Dissociative (Hysterical disorder)
• Obsessive compulsive disorder (OCD)
• Post traumatic stress disorder

Unit V: Substance use disorders 6 hours

• Concepts and causes of substance
• Symptoms / Signs of dependence
• Alcohol
  - Management of alcohol dependence
  - Nursing care of Alcohol dependence
• Drugs- Types, and management
  - Opium
  - Cannabises
  - Sedatives
- Stimulants
- Hallucinogens

Unit VI: Nurse's Role in different treatment modalities in psychiatry  
10 hours

- Psychopharmacology
  - Anti-psychotic Drugs
  - Anti-depressant Drugs
  - Anti-anxiety drugs
  - Others: Lithium, Anti-Parkinson Drugs, Anti-convulsants Drugs, Disulfiram
- Physical Method
  - E.C.T (electro convulsive therapy)
- Counselling /Guidance
- Psychotherapy
- Behavior Therapy
- Occupational Therapy and Rehabilitation
- Milieu Therapy
- Group therapy
- Family therapy

Unit VII: Community Mental Health  
2 hours

- Definition of community mental health
- Trend of care - deinstitutionalization
- Nurses role in community mental health program
- Health personnel involved in providing mental health services in the community- CMA, HA, Staff Nurse, ANM, Community Leaders
- Rehabilitation centers

Unit VIII: Legal aspects of Psychiatric nursing  
2 hours

- Admission and discharge of a client in mental health center/ Hospital
- Client’s rights
- Mental Health Policy
- Mental health Act

Teaching Learning Methods: Interactive lecture, group discussion, demonstrations and individual and group work.

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination
References
Psychiatric Nursing – I (Practicum)

Code No: B.N.204 Total Hours 150 hrs
Placement: 2\textsuperscript{nd} Year Total Marks: 50

**Course Description:** This course provides the students opportunity to apply knowledge and develop skill in providing nursing care to mentally ill patients and their families while they are posted in the given situation.

**Course objectives:** At the completion of clinical posting the student will be able to:-

- Perform history and mental status examination of mentally ill clients
- Provide counseling, health teaching to the patient and their families according to their needs.
- Provide holistic nursing care to the patient/family by using nursing process.

**Clinical Experience:**

Each student will spend 150 hrs (5 weeks) in psychiatric ward to provide care to the patient and families with mental disorders. The student will be able to identify various types of mental illness and provide nursing management to the mentally ill clients accordingly.

**Clinical Evaluation of mental health nursing**

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**Final Examination : Oral examination:** 12.5 Marks
Obstetrics and Gynecological Nursing Theory

Code No: B.N.205 Total Hours: 100
Placement: 2nd Year Full Marks: 100

Course Description: This course is designed to review and update knowledge with normal and deviated pregnancy, labour and puerperium and care of the newborn. This course also helps the students to gain knowledge on the common gynaecological problems and their management.

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

- Review the concepts related to obstetric and gynecological nursing
- Review physiology of pregnancy, labour and peurperium
- Review the management of woman during normal pregnancy, labour and puerperium
- Identify the deviation from normal pregnancy, labour and puerperium and describe the nursing care of high risk mother during pregnancy, labour and puerperium
- Explain the high risk conditions in new born and suitable interventions to the high risk new born
- Discuss the obstetric emergencies and their appropriate interventions
- Identify common Gynecological problems in Nepal
- Describe the common Gynecological procedure and treatment needed in Gynecological conditions along with Nurses role
- Explain physiological and emotional responses of clients and manage accordingly.

Section - A

Course Contents:

Unit I: Introduction to Maternity Nursing 6 hours

a. Introduction to Midwifery
   - History, scope and objectives of midwifery
   - Trends in midwifery
   - Factors influencing maternal health
   - Women’s Rights
   - Reproductive Rights
b. Midwifery regulations
   - ICM Code of ethics
   - Legal aspects in midwifery
c. Safe motherhood Concept, policies and strategies in Nepal (MDG – 5,4,6)
d. National plan policies to reduce maternal and neonatal mortality/ morbidity (role of SBA in maternal and newborn health)

Unit II: Review of the Reproductive System, Conception and Development of the Fertilized Ovum 6 hours

a. Review of the reproductive system (Female and Male)
   - Anatomy and Physiology of male and female reproductive system
   - Gametogenesis (Spermatogenesis and Oogenesis)
   - Menstrual cycle
b. Review of female pelvis and its measurements
c. Fertilization, changes in the fertilized ovum:
   - Development of normal placenta and foetal sac, abnormal placenta and foetal circulation
   - Development of embryo
   - Factors affecting the growth and development of foetus
   - Foetal skull (regions, bones, sutures, fontanelles and diameters)

Unit III: Normal Pregnancy, Labour, Puerperium and Newborn (Review) 4 hours

a. Normal Pregnancy and Management
   - Maternal changes during pregnancy.
   - Signs/symptoms, diagnosis and antenatal care of mother.
   - Minor disorders during pregnancy; their assessment and their management.
b. Normal Labour and Management
   - Physiological changes during labour, stages of labour
   - Factors influencing labour
   - Partograph, Management of normal labour and Immediate care of newborn.
c. Normal Puerperium and Management
   - Physiology of puerperium
   - Assessment and Management of the mother.
   - Physiology of lactation, establishment of lactation.
d. Newborn and Management
   - Normal characteristics of new born
   - Assessment and Management of new born including Resuscitation.
   - Breast feeding and its problems and management
   - Minor ailments in new born and their management
   - Kangaroo Mother Care
Unit IV: Assessment of Fetal Wellbeing during Pregnancy  
3 hours

Profile

a. Bio-physical profile  
b. Bio-chemical profile  
c. Maternal Serum Assays  
d. Electronic monitoring  
e. Nurse’s role in assessment of risk factors in pregnancy

Unit V: Review of Abnormal Pregnancy and Management  
9 hours

a. High risk mothers  
b. Bleeding in pregnancy and their management  
   • Bleeding in early pregnancy  
     ➢ Implantation bleeding  
     ➢ Abortion  
     ➢ Ectopic pregnancy  
     ➢ Molar pregnancy  
c. Bleeding in late pregnancy – antepartum hemorrhage (Placenta praevia and Abruptio placenta)  
d. Major disorders in Pregnancy and their management  
   • Hypermesis gravidarum,  
   • Hypertensive disorders (PIH, pre-eclampsia, eclampsia, DIC, HELLP syndrome, chronic hypertension)  
   • Cardiac disease, respiratory disease, renal problems, anaemias, and diabetic mellitus in pregnancy, epilepsy, autoimmune disease, thyroid disease  
   • Genital and sexually transmitted infections (vulval and vaginal infections, protozoal, bacterial, viral infections and HIV/ AIDS  
e. Disorders of amniotic fluid  
   • Polyhydramnios  
   • Oligohydramnios  
f. Multiple pregnancy  
g. Rh-incompatibility

Unit VI: Abnormal Labour and Management  
12 hours

a. Malpresentation and malpositions (occipito- posterior position, breech, brow, face, shoulder and compound presentations, unstable lie)  
b. Preterm labour/ post term labour and Premature rupture of membrane  
c. Obstetrics Emergencies, life saving skills and their management.
• Cord presentation and cord prolapse
• Amniotic fluid embolism
• Rupture of uterus

• Acute inversion of the uterus
• Cervical dystocia
• Shock
• Retained placenta
  ❖ No adherent MRP
  ❖ Adherent
• Vulval hematoma
• Severe vaginal and cervical tear

d. Abnormal uterine contraction
  • Prolonged labour
  • Obstructed labour
  • Contracted Pelvis
  • Cephalopelvic diaporpartion (CPD)
e. Complication of 3rd stage of labour
f. Injuries of birth canal
g. Management of abnormal labour
  • Episiotomy
  • Trail labour and induction /augmentation
  • Forceps delivery
  • Vaccum extraction
  • Caesaerean section
  • Destructive operation

h. Obstetric anaesthesia and analgesia

Unit VI: Abnormal Puerperium 4 hours

a. Puerperium infection
  • Reproductive tract
  • Non-reproductive tract
b. Breast infection
c. Subinvolution of uterus
d. Psychiatric disorders of the puerperium-
  • Postpartum blues
  • Post partum dispression
  • Post partum psychosis
e. Thromboembolic Disease
f. Difficulties of lactation (Maternal/ Neonatal causes)
g. Suppression of lactation

Unit VII: Neonatal Problems (Review)  
6 hours  
a. Birth Injuries  
b. Asphyxia neonatorum  
c. Congenital malformations  
d. Neonatal jaundice  
   • Physiological jaundice  
   • Pathological jaundice  
e. Convulsion  
f. Vomitting  
g. Metabolic disorders  
h. Preterm babies and post term babies  
i. Haemorrhagic disorders of new born  
j. Still birth – incidence, cause and prevention

Section – B

Unit – I. Introduction to Gynecology (Review)  
2 hrs  
• Definition of gynecology, puberty, menarche  
• Menopause/Climacterium and its management  
• Assessment of women with gynecological problems (history taking, physical examination and investigations including breast self examination)

Unit – II. Menstrual and Post Menstrual Disorders and their management  
6 hrs  
- Precocious puberty  
- Premenstrual Syndrome  
- Dysmenorrhoea  
- Amenorrhoea  
- Metrorrhagia  
- Cryptomenorrhoea  
- Oligomenorrhoea  
- Polymenorrhoea  
- Menorrhagia  
- Dysfunctional Uterine Bleeding  
- Post Menopausal Bleeding
Unit – III. Review of Infections/Inflammation of Pelvic organs 8 hrs

- Vulvitis and Vulval pruritis
- Bartholinitis, Bartholin abscess
- Vaginitis
- Cervicitis
- Endometritis
- Salpingitis
- Oopharitis
- PID (Pelvic Inflammatory Diseases)
- Sexually transmitted infections (Gonorrhoea, syphillis, chlamydia, herpex, trachomoniasis, HIV/AIDS)

Unit – IV. Review of Displacement and Injuries of Genital Organs 5 hrs

- Retroversion of Uterus
- Uterine prolapse
- Cystocele/Rectocele
- Incontinence of urine
- VVF (Vesico-Vaginal Fistula)
- RVF (Recto-Vaginal Fistula)

Unit – V. Neoplasms of the Reproductive organs (Review) 12 hrs

- Endometriosis and Adenomyosis
- Vulval and Vaginal Cancer
- Carcinoma of Cervix and cervical polyps
- Uterine polyps, benign growth in the uterus, fibroid uterus, uterine cancer
- Ovarian cancer
- Molar Pregnancy
- Chorio-carcinoma
- Trophoblashe disease
- Benign/malignancy growth in the breast
- Management- Chemotherapy, Radiation (Brachytherapy, Teletherapy), Surgery, Hormonal therapy, Biotherapy/cell therapy

Unit – VI. Congenital malformation of Reproductive organs and their management 7hrs

- Vaginal malformations
- Uterine malformation
- Fallopian tube and Ovarian malformation
Unit – VII. Sub- fertility/ Infertility

- Definition of sub-fertility and infertility
- Classification and causes of infertility (in males, females and both)
- Diagnosis of infertility
- Treatment of infertility
  a. Advice
  b. Medical treatment
  c. Assisted Reproductive Technologies (ART)
     - Ovulation Induction
     - Artificial Insemination (AI)
     - In vitro fertilization and embryo transfer (IVF-ET)
     - Gamete intra-fallopian transfer (GIFT)
     - Zygote intra-fallopian transfer (ZIFT)
     - Intracytoplasmic sperm injection (ICSI)
     - Peritoneal oocyte and sperm transfer (POST)
  d. Surrogacy and Adoption
  e. Teaching Learning Methods: Interactive lecture, group discussion, demonstrations and individual and group work

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination

Reference Books for Obstetrics:

Reference Books for Gynecology:
Obstetrics and Gynecological Nursing (Practicum)

Code no: B.N. 206  
Total hours: 300

Placement: 2nd year  
Total marks: 100

Course Description:

This course is designed to review and update the clinical skills of the students regarding the care of high risk mother and neonate during the prenatal period. It also helps students to develop skills in caring the mother with different problems including gynecological problems.

Objectives:

- Provide nursing care to the patient with high risk pregnancy and gynecological problems by using nursing process.
- Recognise the common gynecological problems, provide care and advise for the prevention.
- Maintain universal precaution while caring the patients.
- Assist and perform common investigations used in high risk mothers and gynecological problems.
- Perform normal physical examination of the clients.
- Admit/discharge the clients in the wards and plan nursing care accordingly.

Activities:

The students will be assigned in the maternity hospital to develop confidence in caring high risk pregnancy, their delivery and neonates for 5 weeks. The students will be assigned in the gynecology ward for 4 weeks for the care of mothers with different gynecological problems and will be taken for institutional visit for 1 week to learn various ethical problems.

Method of evaluation:

1. Internal - 75%
   - Day to day performance- 25×2=50
   - Case study- 15
   - Health teaching- 10

2. External- Viva/ Practical exam- 25%
Child Health Nursing (Theory)

Code No: B.N.207
Placement: 2nd Year

Hours: 50
Marks: 50

Course Description: This course provides knowledge on the promotion of growth and development of children from infancy to adolescence period with emphasis on prevention and management of major health problems at their different age groups.

Course Objective: At the end of the course, students will be able to:

- Explain concepts related to child health nursing
- Describe the role of nurse in the care of children
- Discuss the process of growth and development of children from infancy to adolescence period
- Describe the measures to be taken for the promotion of the optimum growth and development of children
- Explain the etiology, pathophysiology, sign and symptoms, diagnostic evaluations, treatment and nursing management of common medical and surgical problems in children
- Explain the measures to be taken in reducing and managing stressful and crisis events in children.

Course Contents:

Unit I: Concept related to Child Health

4 hours

- Common health problems of children in developing and developed countries.
- Concepts of integrated management of childhood illness (IMCI).
- Concept of child right, saving newborn lives (SNL) programme, Exclusive breast feeding, Baby friendly hospital, High risk children, challenges and issues in child care practices and new trend in child care.
- Role of nurse in the care of children.

Unit II: Neonatal Period

4 hours

- Normal neonate: Characteristics, adjustment to extra uterine life (review)
- Care of newborn baby review.
- Minor neonatal problems and their management: Vomiting, constipation, diarrhea, excessive crying, excessive sleepiness, sneezing and nose block, napkin rash, breath holding spells, breast engorgement.
- Major neonatal problems and their nursing management: Asphyxia, sepsis, hypothermia and hyperthermia and neonatal jaundice, Neonatal tetanus, Cord sepsis, Thrush, Conjunctivitis.
- High risk neonate

**Unit III: Infancy Period**

- Major growth and development: Physical growth and physiological changes of body system, and developmental milestone and developmental tasks (review).
- Promotion of optimum growth and development: Nutrition , (exclusive breast feeding and supplementary feeding), growth monitoring, immunization Play physical care, prevention from accidents (review)
- Parental concerns and counseling: Teething, oral care, thumb sucking, sleep and feeding problems.
- Health problems during infancy and their nursing management: Acute respiratory infections including pneumonia and diarrhea (according to IMCI guideline).

**Unit IV: Toddlerhood Period**

- Major growth and development: Growth of body system and developmental task and milestones (review)
- Promotion of optimum growth and development: Nutrition, growth monitoring, play and toys, dental care, accidents preventions regular health check-up sleep and rest.
- Parental concerns and counseling in dealing with I separation anxiety, sibling rivalry, temper tantrum, negativism, thumb sucking and toilet training.
- Health problems during toddler and their nursing management: Acute respiratory infections (including pneumonia) diarrhoeal disorder, nutritional disorders, parasitic infestation, communicable diseases and accidents

**Unit V: Preschool Period**

- Major growth and development: Physical growth and physiological changes of body system and developmental task and milestones (review).
- Promotion of optimum growth and development: Nutrition, prevention from accidents and injuries, early education and stimulation, play, rest and sleep (review).
- Parental concerns and counseling: Fears and aggression, sleep problems, discipline and speech problems.
- Health problems during preschool and their nursing management: Respiratory infections, nutritional problems accidents
Unit VI: School Aged Period (Middle Childhood Period)  4 hours

- Growth and development: Physical growth and physiological changes and developmental task, psychosocial and intellectual development and moral development.

- Promotion of optimum growth and development: Sleep and rest, nutrition, school health and sex education, play and exercise, child to child programme, physical care, dental care, prevention of accidents.

- Health problem during school age group and their nursing management: Communicable disease, dental caries and malocclusion, parasitic disorders, behavioral problems (attention deficit disorder, school phobia, learning disability enuresis and recurrent abdominal pain).

Unit VII: Adolescence Period  6 hours

- Growth and development: Physical and physiological changes, growth spurt and puberty and reaction to pubertal changes, developmental task, psycho-social and intellectual development, moral and psychosexual development

- Promotion of optimum health: Sleep and rest, nutrition, personal care, posture sports and activities, sex education and anticipatory guidance, dental care, stress reduction, sex education and guidance.

- Physical problems during Adolescence and their nursing management: Obesity, infectious mononucleosis, disorders of reproductive system (male and female), acne, sexuality transmitted diseases (including HIV infection), dysmenorhea.

- Psychosocial problems: juvenile deliquency, Smoking and alcoholism, Adolescence pregnancy, Girls trafficking, suicide and substance abuse.

- Abnormalities of growth and maturation: Delayed development: Constitutional delay, pathological delayed, precocious puberty, gynaecomastia,

Unit VIII: Nursing Process in the Care of Children  2 hours

- Assessment of children including history talking, physical examination, assessment of the growth and development and nutritional assessment

- Laboratory investigation

- Nursing diagnosis and care plan

- Parental involvement in child care

- Evaluation of child care

Unit IX: Care of Children with Life Threatening Conditions  4 hours
- Stress in children and crisis events including illness and hospitalization and their management.
- Care of children with chronic and terminal illness
- Care of children with life threatening illnesses
- Parental coping with impending death of children and Nurse's role

**Unit X: Pediatric Emergencies and their Management (Review) 3 hours**
- Cardiac arrest and asphyxiation
- Hypothermia and hyperpyrexia
- Foreign body in nose, throat, eye and ear etc
- Injuries with sharp instrument
- Poisoning
- Fall/ accident, burns, drowning

**Unit XI: Pediatric Condition Requiring Surgical Care 3 hours**
- Cleft lip and cleft palate
- Pyloric stenosis
- Hirschprungs disease
- Ano-rectal malformation
- Tracheo-oesophageal atresia

**Unit XII: Pediatric Procedures 4 hours**
- Oxygen administration
- Calculation of dosage for children
- Inhalation therapy
- Restraining and positioning
- Common pediatric investigations and nursing role in collecting pediatric specimens.
- Tube feeding
- Newborn resuscitation (bag and mask) and pediatric resuscitation
- Care of newborn in an incubator, warmer, under phototherapy and ventilator, during exchange transfusion.
Teaching/ Learning Methods

Interactive lecture, Group discussion, Demonstration and group work.

Internal Assessment Methods: Classroom presentation, written assignments and written examination.

Final Examination: Written examination

References

Child Health Nursing (Practicum)

Code No: B.N. 208
Placement: 2nd Year

Hours: 150
Marks: 50

Course Description:
This course offers students the opportunity to develop skills and attitude in meeting the health care needs of healthy children and provide care to the children with medical and surgical problems.

Course Objectives:
At the end of the course the students will be able to:
1. Assess the nursing care needs of the children of different age groups from neonate to adolescent
2. Prepare nursing care plans to meet needs of individual children
3. Provide care to the normal as well as sick children
4. Carry out paediatric procedures
5. Assist parents/care givers in meeting the physical and psychological needs of the children
6. Give health education to parents/care givers for illness prevention and health promotion of children

Teaching Learning Activities:
- Clinical placement of students in medical and surgical units of children hospital for 4 weeks in the well child day care (MCH) clinic for 1 week
- Carrying out admission and providing discharge instructions to children and care givers
- Performing history taking and physical assessment of children of different age groups
- Preparing nursing care plan for the care of children
- Performing paediatric procedures including neonatal resuscitation
- Conducting case study and case presentation
- Providing health education to parents/care givers
- Performing exhibition on relevant topics like play materials, supplementary nutrition, etc.
**Internal Assessment Methods (37.5 marks)**

- Clinical performance - 20.0 marks
- Case study and case presentation - 5.0 marks (3+2)
- Health teaching performance - 5.0 marks
- Physical examination - 5.0 marks
- Conduct exhibition for children - 2.5 marks

**Total Marks** - 37.5

**Final Examination: Oral examination (12.5 marks)**
Educational Science (Theory)

Code No: B.N. 209  Total Hours: 100

Placement: 2nd Year  Total Marks: 100

Course Description: This course is designed to provide the knowledge related to the basic concepts, principles and theories of learning. It also provides the knowledge regarding the process of teaching and learning including different methods of teaching, curriculum development and evaluation.

Course Objectives: At the end of this course, students will be able to:
- Identify the concepts, principles, philosophy and principles of teaching and learning
- Differentiate between the general education and nursing education
- Explain the theories of learning
- Describe the ways of effective teaching
- Explain the taxonomy of behavioral objectives
- Discuss the various methods and medias used in teaching learning process
- Explain the concepts and components of in-service education
- Illustrate the steps and principles of curriculum development
- Describe the techniques and tools for evaluating classroom and clinical performance.

Course Contents:

Unit I: Introduction of Education  10 hours
a. Definition of general education and nursing education
b. Scope of education
c. Philosophies of education
   • Naturalism
   • Idealism
   • Realism
   • Pragmatism
   • Behaviorism
d. Differences between the general education and nursing education
e. Evolution of Nursing education in Global and National context

Unit II: Introduction to learning and the learner  10 hours
a. Nature and sources of learning and factors affecting learning
b. Types of learning
   • Self directed learning
   • Distance learning
• Problem based learning
• Evidence based learning
• Adult learning
c. Elements of learning process
d. Principles of learning
e. Theories of learning
f. Meaning and Characteristics of learner

Unit III: Introduction to Teaching        20 hours
a. Nature and purpose of teaching
b. Clinical teachings: its principles, methods, their advantages and disadvantages
c. Different teaching methods: Lecture, demonstration, group discussions, panel discussion, symposium, seminar, conference, role play, field trips, exhibitions and workshop including their advantages and limitations
d. Uses and criteria for selection of teaching methods
e. Different types of medias used in teaching including their principles, advantages and limitations
f. Micro-teaching
   • Definition and characteristics of micro teaching
   • Purposes, principles, and steps of micro teaching
   • Benefits and limitations of micro teaching
g. Ethics in teaching
h. Characteristics of an effective teacher

Unit IV: Educational Objectives        10 hours
a. Meaning of educational objectives
b. Types of educational objectives
c. Behavioral objectives
   • Meaning
   • Types of behavioral objectives (general and specific)
   • Taxonomy of behavioral objectives (cognitive, affective and psychomotor)
   • Characteristics of behavioral objectives
   • Writing the behavioral objectives

Unit V: Planning of the Course, Clinical rotation plan and Lesson plan        15 hours
a. Master plan: Definition, purpose, characteristics, importance and components
b. Clinical Rotation plan: Purpose, characteristics, importance and components
c. Course plan: Purpose, characteristics, importance and components
d. Unit plan: Purpose, characteristics, importance and components
e. Lesson plan: Purpose, characteristics, importance and components of lesson plan

Unit VI: In-Service education 5 hours
a. Definition, concept, purpose and components of in-service education
b. Planning in-service education
c. Benefits and limitations of in-service education

Unit VII: Curriculum Development 10 hours
a. Definition of curriculum
b. Determinants and elements of curriculum
c. Designing curriculum: Planning, developing implementing and evaluation of curriculum
d. Models of curriculum: subject centered, integrated, problem based and competency based curriculum

Unit VIII: Evaluation 20 hours
a. Definition and purpose of evaluation
b. Uses, types, techniques and tools of evaluation
c. Characteristics of evaluation tool: validity, reliability, objectivity and practicability
d. Principles and procedure of evaluation
   • Class room evaluation
     ➢ Test construction:
       ✓ Subjective test items: essays, short answer questions) and their uses and limitations
       ✓ Objective types of test items: supply type, alternative response, true- false, matching, multiple choice
   • Clinical evaluation
     ➢ Characteristics of clinical evaluation tools
     ➢ Purposes and principles of clinical evaluation
     ➢ Types of clinical evaluation tools and their uses (rating scale, check list, anecdotal scale, Objective Structured Clinical Examination (OSCE) and Objective Structured Practical Examination (OSPE)

Teaching Learning Methods: Interactive lecture, group discussion, demonstrations, seminar workshop, individual and group work

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination
Reference

Educational Science (Practicum)

Code No: B.N. 210  
Total Hours: 300
Placement: 2nd Year  
Total Marks: 100

Course Description: This course offers the students an opportunity to develop skills and attitude in performing the teacher’s role. It also helps in developing skills in developing a curriculum, master plan, course of instruction and lesson plans for conducting theoretical as well as clinical classes.

Course Objectives: At the end of this clinical course, students will be able to:

- Prepare lesson plan covering the essential components
- Conduct classes using appropriate method to facilitate student learning
- Develop master plan for one academic year of a given program
- Prepare and use various audio visual aids appropriate to the teaching topic
- Develop a course for nursing subjects by identifying the resources needed for it
- Prepare evaluation tools to assess student learning in class room and clinical setting
- Plan and conduct in-service education.

Activities for Practicum

Student teachers are assigned to a nursing campus for 300 hours period (8 wks) in order to develop the skill and attitude in teaching and learning. During this period they perform the following activities under the supervision of the teacher:

- Prepare lesson plan and conduct class room (at least ten) and clinical teachings (at least 4) using different methods of teaching
- Prepare a master plan for one year nursing program
- Prepare and use of various audio visual aids appropriate to the topic
- Supervise the students in the clinical setting
- Prepare a course for one subject by identifying the resources needed
- Prepare evaluation tools to assess student learning in class room and clinical setting
- Plan and conduct in-service education program/training
Internal Assessment: 75 marks

<table>
<thead>
<tr>
<th>Criteria for Evaluation</th>
<th>Marks</th>
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<tbody>
<tr>
<td>1. Lesson Plan and Implementation (at least ten of which 4 class room teaching and 2</td>
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<tr>
<td>clinical teaching will be evaluated)</td>
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</tr>
<tr>
<td>• Class room – 4</td>
<td>$5 \times 4 = 20$</td>
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<tr>
<td>• Clinical – 2</td>
<td>$5 \times 2 = 10$</td>
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<tr>
<td>2. Course development</td>
<td>10</td>
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<td>3. Test construction and implementation for classroom setting</td>
<td>5</td>
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<td>4. Clinical evaluation tool</td>
<td>5</td>
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<tr>
<td>5. Plan and conduct clinical supervision</td>
<td>5</td>
</tr>
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<td>6. Develop of Master plan and clinical rotation plan</td>
<td>10 (5+5)</td>
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<td>7. Plan and conduct in-service education</td>
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Final Evaluation: Oral examination: 25 marks
### Third Year Courses

<table>
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<tr>
<th>Code No.</th>
<th>Name of the Courses</th>
<th>Total Hours</th>
<th>Total Marks</th>
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<tbody>
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<td>B.N.301</td>
<td>Gerontological Nursing or Psychiatric Nursing (Th)</td>
<td>150</td>
<td>150</td>
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<tr>
<td>B.N.302</td>
<td>Gerontological Nursing or Psychiatric Nursing (Pr)</td>
<td>400</td>
<td>200</td>
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<td>B.N.303</td>
<td>Research and Biostatistics (Th)</td>
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<td>B.N.304</td>
<td>Research and Biostatistics (Pr)</td>
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<tr>
<td>B.N.305</td>
<td>Leadership and Management (Th)</td>
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<td>B.N.306</td>
<td>Leadership and Management (Pr)</td>
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</table>
Gerontological Nursing II (Theory)

Code No: B.N.301  Total Hours: 150
Placement: 3rd Year  Full Marks: 150

Course Description: This course enables to identify the problems related to aging and care of the elderly in different health care setting of elderly. This course deals with the different types of problems that arises with increasing age, mental health problems, nutrition in old age, preventing falls and care of elderly including health promotion in later life.

Course Objectives: At the successful completion of the course students will be able to:

- Define the terms related to gerontology and geriatrics nursing
- Describe the aging and changes in the body system
- Explain the major health problem of the elderly
- Describe the elderly at different health setting including disease prevention, health promotion and rehabilitative services.
- Explain the geriatric emergencies and end of life services for the elderly.

Course Contents

Unit I: Ageing and Physiological Changes  10 hours

- Respiratory system
- Digestive system
- Musculo-skeletal system
- Endocrine system
- Nervous system
- Lymphatic and immune system
- Reproductive system
- Sensory and integumentary system
- Musculo-skeletal system
- Circulatory system
- Urinary system
Unit II: Common Gerontological Physical Health Problems 12 hours

a. Respiratory system: Chest infection, asthma, COPD
b. Digestive system: Constipation
c. Musculoskeletal system: Arthritis, joint impairments, osteoporosis
d. Endocrine system: Diabetes mellitus
e. Nervous system: Dementia, Alzheimer's disease, stroke, Parkinson's disease
f. Reproductive system: Prolapse
g. Sensory and integumentary system: Cataract, glaucoma, chronic sinusitis, refractive disorders, hearing loss
h. Circulatory system: Varicose vein, cardiovascular accident, hypertension, congestive cardiac failure
i. Urinary system: Infection, incontinence

Unit III: Gerontological Assessment of Older Adults 10 hours

a. Health history: Health history
b. Physical Assessment
   - Functional assessment
   - Cognitive/affective assessment
c. Environmental assessment

Unit IV: Psychosocial Disorders 10 hours

a. Common psychosocial problems
   - Depression
   - Sun down syndrome
   - Loneliness
   - Anxiety
   - Alcohol abuse and smoking
   - Paranoia
   - Hypochondriasis
   - Self harm and suicidal tendency
   - Empty nest problem
   - Bereavement
   - Elderly abuse
b. Management of psychosocial problems
   - Monitoring medications
   - Promoting a positive self concept
• Managing behavioural problems

Unit V: Gerontological Emergencies and their Management 10 hours

a. Chest pain
b. Syncope
c. Gastro-intestinal bleeding
d. Hypothermia
e. Heat stroke
f. Infections

Unit VI: Aging and Sleep 10 hours

a. Age related changes in sleep
   • Circadian sleep-wake cycles
   • Sleep stages
   • Sleep quality
b. Sleep Disturbance
   • Insomnia
   • Sleep apnea
   • Medical condition that affects sleep
c. Promoting rest and sleep in older adults
   • Pharmacologic measures to promote sleep
   • Non-pharmacologic measures to promote sleep

Unit VII: Ageing and Nutrition 8 hours

  g. Social and cultural aspects of food
  h. Aging and diet pattern
  i. Psychosocial and socio-economic factors related to malnutrition / obesity
  j. Nutritional requirements in ageing
  k. Nutritional assessment
     • Diet history
     • Anthropometrics
     • Laboratory values
  l. Nutritional problems of the elderly: Malnutrition, obesity
Unit VIII: Ageing and Safety  

a. Aging and risk factor to safety  
   - Reducing dehydration  
   - Risks associated with sensory deficit  
   - Risk associated with mobility limitations  
   - Risk associated with hypothermia  
   - Risk associated with clothing  
   - Risk associated with heating  
   - Risk associated with warm drinks  

b. Impact of ageing on environment safety  
   - Lightening  
   - Temperatures  
   - Colours  
   - Flooring  
   - Furniture  
   - Sensory stimulation  
   - Noise  
   - Bathroom settings  

c. Prevention of Falls and its measures  
   - Risk and prevention  
   - Restraints  
   - Environment conducive to elderly  

d. Roles and responsibility of Gerontological Nurse  
   - Preventing infection  
   - Proper medication  
   - Early detection of problem  
   - Prevention of sensory impairment  

Unit IX: Ageing and Medication  

a. Pharmacokinetics and changes with ageing  

b. Effects of pathology on pharmacokinetics  

c. Pattern of drug use in the elderly  

d. Drug misuse and abuse  

e. Drug interactions  

f. Substance abuse  

g. Special drug considerations for the elderly
Unit X: Ageing and Communication 6 hours

a. Hearing and speech disorders
b. Enhancing effective communication: Hearing aids, auditory training, speech training, sign language

Unit XI: Comfort and Pain Management 8 hours

a. Concept of comfort
b. Pain assessment and pain scale
c. Pain and its complex phenomenon
   • Prevalence of pain in older adults
   • Types of pain
   • Pain perception
d. Impact of pain
   i. personality
   ii. Memory
   iii. Intelligence
   iv. Learning
   v. Attention span
e. Different types of cancer and its management
f. Palliative and hospice care

Unit XII: Chronic Illness and Rehabilitation 10 hours

a. Concept of Chronicity
b. Chronic illness and its impact on elderly
   • Powerlessness
   • Stigma
   • Social Isolation
c. Effects of chronic illness on family and caregivers
d. Management of chronically ill in older adults
   • Pain
   • Fatigue
   • Immobility
   • Activity intolerance
   • Sexual activity
e. Counseling and Rehabilitation
   • Concept of rehabilitation (review from nursing concept)
   • Disability and handicapped in elderly
   • Areas of concern in rehabilitation
     a. Medical,
     b. Vocational
     c. Social
     d. Psychological
   • Counseling to elderly, family and care givers
f. Chronic illness family caregiver and stress

Unit XIII: Health Promotion and health maintenance 10 hours

a. Essentials of health promotion for older adults
b. Models of health promotion
c. Barriers to health promotion and disease prevention
   • Health care professionals
   • Older adults
d. Health protection
e. Disease Prevention
   • Primodel measures
   • Primary preventive measures
   • Secondary preventive measures
   • Tertiary preventive measures
   • Supporting old age empowerment
     - Active ageing
     - Ageing in place
     - Healthy ageing
     - Volunteering in later life

Unit XIV: Social Implication of Elderly Care 10 hours

b. Concept of care giving
c. Challenges in the care giving
   • Home care, day care, community and institutional care of the elderly
   • Family care giving stress and burden
   • Social security
   • Transportation
• Medical benefits
• Old age allowances
• Disability allowances
• Destitute allowances
d. Psycho-social care of elderly
• cognition and perception
• self perception and self concept
• coping and stress
• Spirituality
• Sexuality
e. National and social support
• social security
• Transportation facilities
• medical benifits
• Old age allowances
• Destitute allowance
f. Living in harmony
• family/community

Unit XV: Health maintenance 6 hours

a. Five Dimensions of wellness
• Self-responsibility
• Nutritional awareness
• Physical fitness
• Stress management
• Environmental sensitivity

b. Immunization and regular health checkups

Unit XVI: Continuum of Care in Gerontological Nursing 6 hours

a. Services in the institutional care for older adults
• Partial and Intermittent care services
  o Community based care services
• Complete and Continuous care services
  o Hospital/ nursing home/ geriatric home
• Complementary and alternative services
  o Yoga, naturopathy, homeopathy, medications
Unit XVII: Legal, Ethical, Future Perspective of Ageing  

Teaching Learning Methods: Interactive lecture, group discussion, demonstrations and individual and group work

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination

References

1. Gerontological Nursing: competence for care, Edmond, Kristen L Mauk, Jones and Barlett Publishers
5. Handbook of Gerontological Nursing
6. Gerontological Nursing- Charlotte Eliopoulous
7. Gerontological Nursing- Sue E Meiner
11. Measuring Health: A guide to rating scales and questionnaire by Ian McDowell and Claire Newell
13. Nursing for wellness in older adults by Carol A. Miller
14. Nursing Management of the elderly, IOM
15. Esther Caldwell and Barbara R Hegner, Gerontologicals: A study of maturity, IOM
16. McDowell I, Newell C, Oxford University
Gerontological Nursing II (Practicum)

Code No: B.N 302  Total Hours: 400
Placement: 3rd Year  Total Marks: 200

Course Description:
This course is designed to apply knowledge from gerontological nursing II theory course in developing skills to care for elderly clients in the hospital and community using nursing process.

Course Objectives:
- On completion of practicum, the students will be able to:
- Perform history taking and physical examination of geriatric clients.
- Identify the needs of geriatric clients with different health problems.
- Provide holistic care using nursing process.
- Implement health promotion activities for enhancing healthy ageing.

Learning Activities:
Students will be posted in different units of geriatric hospital for 10 weeks. They will also be posted in rehabilitation and community based geriatric homes or day care centers for 4 weeks.

Evaluation Scheme:
I. Internal evaluation: 120 marks

Areas of evaluation-
- History taking and physical examination- 25
- Case study and presentation-25
- Health promotion activities: exercises, divertional activities, and health teachings- 20
- Clinical performance evaluation- 40
- Drug card- 10

II. Final Examination-

Practical and oral examination- 80 marks
Psychiatric Nursing II (Theory)

Code No: B.N.301  
Placement: 3rd Year  
Total Hours: 150  
Full Marks: 100

Course Description: This course reviews the concept of psychiatric nursing, strengthen the knowledge and skill necessary for the care of mentally ill patients/clients in the hospital and community. The focus is on the nursing management of patient with various mental disorders by using nursing process. It also deals with the emerging trends and issues in psychiatric nursing and also focuses on the components of community mental health.

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

- Recall the concept of normalcy and abnormalcy, principles and concepts of psychiatric nursing.
- Describe the components of assessment of mentally ill client.
- Explain the various mental disorders and their management.
- Recall the different therapeutic modalities in psychiatry.
- Develop the nursing care plan for the patient with psychiatric condition by applying nursing process.
- Describe about the importance of preventive psychiatry.
- Discuss the importance of community participation in community mental health.

Course Contents:

Unit I: Introduction (Review)  
5 hours

a. Concept of normalcy and abnormalcy
b. Meaning, definition and terminologies
c. Scope of mental health nursing
d. Historical development and current trends in Mental Health Nursing
e. Classification of mental disorders – ICD, DSM

Unit II: Review of personality development  
10 hours

a. Structure ad subsystem of personality (id, ego and superego)
b. Determinants of personality
   - Biological
   - Constitutional and genetic factors
   - Psychological (learning theory, personality theory and interpersonal theory)
c. Development theories (Freud, Erikson, Sullivan and Piaget)
d. Defense mechanism

Unit III: Review of causes, investigation and treatment of mental illness 10 hours

a. Assessment of mentally ill client
   • Psychiatric History Taking
   • Mental Status Examination
b. Special Investigation – Psychological test, EEG, CT scan
c. Causative factors of mental disorders – transactional model of stress and adaptation

Unit IV: Organic Mental Disorders 6 hours

a. Delirium
b. Dementia
   c. Organic amnestic syndrome

Unit V: Psychotic disorders 8 hours

a. Acute transient psychotic disorders
b. Schizophrenia

Unit VI: Mood disorders 2 hours

a. Major depressive disorders
b. Bipolar disorders

Unit VII: Neurotic, stress related and somatoform disorders 20 hours

a. Anxiety disorders
   • Phobic disorders
   • Obsessive compulsive disorder
   • Dissociative and conversion disorders
   • Post traumatic stress disorders
b. Somatoform disorders
c. Psychosomatic disorders
Unit VIII: Epilepsy 4 hours

a. Meaning and causes
b. Types and symptoms
   • Idiopathic epilepsy
   • Secondary epilepsy
   • Jacksonian epilepsy
c. Management, advice and follow up

Unit IX: Substance-related Disorders (review) 6 hours

a. Psychoactive substances
b. Alcohol abuse and dependence
c. Treatment and its nursing management

Unit X: Personality disorders in Adult 7 hours

a. Definition of Personality (review)
b. Definition of Personality disorders
c. Types of Personality disorders
   • Cluster A
   • Cluster B
   • Cluster C
d. Treatment modalities of the above disorders

Unit XI: Childhood Disorders its management 18 hours

a. Mental retardation
b. Conduct disorders
c. Emotional disorders
d. Specific developmental disorders- autism
e. Eating disorders – anorexia nervosa, bulimia nervosa
f. Tics and mannerism disorders

Unit XI: Disorders related to pregnancy and child birth 6 hours

a. Premenstrual syndrome
b. Postnatal blues
c. Postnatal depression
d. Postnatal Psychosis

Unit XII: Sexual and Gender Identity Disorders 6 hours

a. Development of human sexuality
b. Sexual deviation disorders
c. Gender identity disorders
d. Sexual orientation disorders
e. Dhat syndrome

Unit XIII: Therapies in Psychiatry 16 hours

a. Psychopharmacology
b. Somatic therapy – Electroconvulsive therapy (ECT)
c. Therapeutic community/Milieu Therapy
d. Psychological therapies (Individual/group/family/behavioral/Psycho analytical therapy/play therapy/activity therapy)
e. Restraining

Unit XIV: Legal Aspects of Mental Health Nursing 8 hours

a. Mental health policy
b. Mental Health act
c. Legal aspects in psychiatric nursing
   • Admission and discharge
   • Patients' rights

Unit XV: Preventive Psychiatry and community mental health 20 hours

a. Trends of care - deinstitutionalization
b. Mental health programs in Nepal (review)
c. Community mental health
d. Components of Community Mental Health
   • School Mental health
   • Rehabilitation centers
e. Community Participation
   • Definition of Community participation
   • Level of community participation
• Importance of community participation (ways of encouraging community in providing mental health in the community)
f. Prevention of mental disorders
   Level of prevention – primordial, primary, secondary, tertiary
g. Rehabilitation
   • Meaning and concept of psychosocial rehabilitation
   • Goals and process of rehabilitation
   • Principles and components of psychosocial rehabilitation
   • Nurses role in psychosocial rehabilitation

Teaching Learning Methods: Interactive lecture, group discussion, demonstrations and individual and group work

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination

Reference
1. Ahuja Niraj. A Short Textbook of Psychiatric, New Delhi: Jaypee Brothers
Psychiatric Nursing II Practicum (Major)

Code No: B.N.302  
Total Hours: 400

Placement: 3rd Year  
Total Marks: 200

Course Description: This course offers the student a learning environment to apply knowledge, develop skill and attitudes essential for providing preventive, promotive, therapeutic and rehabilitation aspects of mental health care to the patients in the hospital and community settings. It focuses on holistic nursing care for mentally ill patient by applying nursing process and using communication and counseling techniques.

Course Objectives: At the end of mental health nursing practicum the student will be able to:
- Provide holistic nursing care to mentally ill patient by using nursing process.
- Perform psychiatric history taking and mental status examination appropriately in the clinicals.
- Counsel clients/patients as per need in the community and hospital settings
- Provide effective health teaching to the client/their families according to their need
- Identify and differentiate the various type of mental illness
- Acquire the knowledge on legal aspects of mental health nursing
- Participate actively in community based preventive, promotive, therapeutic and rehabilitative service

Practicum Activities:
- Students will be posted in the different wards of mental hospital for 10 weeks for the practicum to achieve course objectives. Within this period they will gain in depth knowledge on care of patients with neurotic disorder, depression, conversion and anxiety, psychiatric disorders and substance abuse disorders and provide care for those patients.

- They will also be posted in community rehabilitation centres for psychiatric patients for community based preventive, promotive, rehabilitative services.
Evaluation

I. Internal Evaluation: 120

<table>
<thead>
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<th>marks</th>
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<tr>
<td>Mental status Examination</td>
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<tr>
<td>Case study with presentation</td>
<td>25</td>
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<tr>
<td>Process recording</td>
<td>15</td>
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<td>Drug book</td>
<td>10</td>
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<tr>
<td>Clinical performance evaluation</td>
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<td>Report of observation visit to various mental health organizations</td>
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Total Marks 120

II. Final Examination: 80

Practical and oral examination- 80 marks
Research and Biostatistics (Theory)

Code No: B.N. 303
Hours: 100
Placement: 3rd Year
Marks: 100

Course Description: This course provides knowledge regarding the basic concepts of research including steps of research process, research proposal and research report. It also provides knowledge on basic concepts of bio-statistics.

Course Objectives: At the end of the course, students will be able to:
- State the meaning, purpose and importance of research in nursing
- Explain the common terminologies used in research
- Describe the historical overview of research in nursing
- Explain the ethical aspects in nursing research
- Describe the different types of research used in nursing
- Describe the steps of research process
- Explain the components of a research proposal
- Describe the purpose and components of a research report
- State the different styles of reference citation and listing
- Identify the statistical methods for analyzing data
- Critique the research report in terms of its strengths and limitations

Course Content:
Unit I: Introduction 8 hours

a. Meaning and purpose of research (exploration, explanation, prediction and control)
b. Basic terminologies used in research: Facts, concepts, constructs, theory, propositions, conceptual framework, variables, operational definitions, assumptions, limitations, delimitations, research validity (internal and external validity)
c. Historical overview of research in nursing
d. Importance of research in nursing: Accountability, professionalism, social relevance, nursing education, nursing administration,
e. Ethics in nursing research:
   - Implications of unethical research
   - Ethical considerations including human’s right in research
Unit II: Types of Research 
4 hours

a. In terms of the purpose of research: Basic, applied and action research
b. In terms of the time factor: Historical, descriptive and experimental
c. In terms of the nature of data: Qualitative and quantitative

Unit III: Research Process: 
40 hours

a. Phases and steps of research process
b. Research problem: Meaning, sources and characteristics and formulation of research problem
c. Hypothesis: Meaning, sources, characteristics, purpose and types of hypothesis and formulation of hypothesis
d. Literature review:
   • Definition, purpose, scope (types of information and depth and breadth of coverage)
   • Primary and secondary sources
   • Process of literature review
   • Organization of the reviewed literature (content and style)
   • Reference citation and listing using Vancouver style
e. Research design: Meaning and purpose of research design and types of research design:
   • Non-experimental (historical, case study, descriptive, comparative, correlation, cross-sectional and longitudinal) and
   • Experimental (true-experimental, quasi-experimental and pre-experimental designs)
   • Threats to research designs and measures of controlling extraneous variable
f. Population and Sampling: Meaning, purpose and techniques including their merits and demerits:
   • Probability sampling techniques
   • Non-probability sampling techniques
   • Sample size estimation and factors affecting sample size
g. Data collection methods and instruments:
   • Direct observational method including structured observation (Using checklist or rating scale) and unstructured observation including their merits and demerits
   • Indirect method: Interview method including structured, semi-structured and unstructured interview, questionnaire method, document review and measurement including their merits and demerits, focus group discussion
h. Instrumentation: Process, types of questions and levels of their measurement (nominal, ordinal, interval and ratio), establishment of validity and reliability of the instrument
i. Data analysis and interpretation
   • Data processing: Editing, coding and classification and presentation of data and problems in data processing,
   • Data analysis
   • Data interpretation
   • Discussion, conclusion and recommendations

Unit IV: Biostatistics in Research

25 hours

a. Purpose and limitations of statistical analysis
b. Basic terms used in statistics
c. Statistical analysis
d. Use of computer in data analysis
e. Descriptive statistics: Use of tables and graphs; frequency distribution: presentation of data in tabular and graphic form; measures of central tendency; measures of skewness and measures of dispersion (variability) including range and standard deviation, correlation analysis, and two-by-two contingency table analysis
f. Statistical interpretation and hypothesis testing

Unit V: Research Proposal

8 hours

a. Meaning, purpose and principles of research proposal
b. Components of research proposal:
   • Background
   • Rationale
   • Research problem
   • Objectives
   • Significance (direct and indirect beneficiaries)
   • Conceptual framework
   • Hypotheses/ research questions
   • Operational definitions of terms and variables
   • Review of related literature
   • Research methodology: Design, study setting, target population, sampling technique and size, instrumentation, plan for data collection (including ethical considerations) and data analysis
   • References
   • Work plan
   • Budget
Unit VI: Research Report

7 hours

a. Purpose and types of research reports:
b. Contents of research report
   • Introduction
   • Review of Literature
   • Methodology
   • Findings
   • Discussion, conclusion, and recommendation
   • References
   • Annexes

Unit VII: Critique of Research Report

8 hours

- Meaning and purpose
- Guideline for critiquing research report
- Critical appraisal of research report

References

Research and Biostatistics (Practicum)

Code No: B.N. 304
Placement: 3rd Year

Hours: 100
Marks: 100

Course Description: This course provides students the skills in developing research proposals, carrying out research studies and reporting the result of the research study.

Course Objectives: At the end of the course, the student will be able to:

- Develop research proposal
- Conduct research study
- Analyze and interpret data
- Prepare the research report in a systematic way

Teaching Learning Activities

a. Selection of problem/topic for the study
b. Presentation of topic for approval from the faculty
c. Development of research proposal on the identified nursing problem under the guidance of the supervisor
d. Presentation of proposal before the faculty for approval
e. Development of instrument for the research study and establishing validity and reliability of the instrument
f. Seeking administrative approval for collecting data
g. Collection of data considering ethical aspects of the subjects
h. Data processing
i. Analysis of data using appropriate statistical methods
j. Preparation of report using the Vancouver style

Internal Assessment Methods: (Oral presentation and written) --------- Total 75 marks

Areas of assessment

- Presentation of research proposal - 5
- Written research proposal - 15
- Report presentation - 5
- Research report - 50

Total 75

Final Examination Methods: Viva Voce: 25 marks
Leadership and Management (Theory)

Code no: B.N.305  
Total Hours: 100

Placement: 3rd Year  
Full marks: 100

Course Description: This course is designed to impart knowledge and recent modern concepts of leadership and management to nursing student. It prepares the student nurses to take a leadership role in management process.

Course objectives: At the end of this course, students will be able to:

- Review commonly used terms in leadership and management.
- Review the principles of management.
- Discuss the theories and concepts of leadership and management.
- Describe the different organizational structure of national health care system.
- Discuss the human resource management.
- Define health economics and its role in health planning and policy.
- Explain the relationship of economic, economic development and health.
- List the technique of economic evaluation.
- Discuss the issues of health care financing.
- Explain the management of disaster in the health institution/ community.

Course Contents:

Unit I: Introduction of Management (Review)  
8 hours

a. Define the commonly used terms in Leadership and Management (administration, management, manager, administrator,
b. Principles of management
c. Functions/ process of management

Unit II: Planning  
8 hours

2.1 Definition, purpose, elements, process, benefits and limitations of planning

2.2 Policy: definition, types and characteristics of good policies

2.3 Procedure: definition, benefits and limitations
Unit III: Organizing 20 hours

3.1 Organization
- Definition, nature, purpose, elements, characteristics, principles
- Organizational design (formal and informal) types
- Organizational structure of Ministry of Health, tertiary level hospital, regional/ zonal hospital, district hospital, PHC, HP, SHP., University: PoU. ,TU, KU and PU

3.2 Change Process
- Definition of Organizational change and change agent
- Forces for change: external and internal
- Resistance to change
- Change process

3.3 Authority, power, responsibility and accountability
- Authority: Definition, nature, sources and types, line of staff authority
- Responsibility and Accountability

3.4 Delegation
- Definition, nature and principles of delegation
- Centralization Vs Decentralization
- Steps of delegation in nursing

Unit IV: Leading and Directing 18 hours

4.1 Leadership
- Definition and scope of leadership
- Functions and characteristics
- Theories of Leadership: Trait Theory/Great man, Behavioural Theory, Contingency Theory
- Styles and approaches of leadership
- Leadership roles in nursing

4.2 Motivation
- Definition of motives, needs and motivation
- Maslow’s hierarchy of needs theory
- Importance and types
- Motivation theories
- Relationship of motivation to job satisfaction and morale

4.3 **Job Satisfaction and Morale**

- Meaning and significance
- Factors influencing job satisfaction and morale
- Consequences of job satisfaction in organization

4.4 **Supervision**

- Definition, purpose, scope, principles and process of supervision
- Factors contributing to effective supervision
- Changing concept of supervision
- Characteristics of good nursing supervisor

4.5 **Communication (Review)**

- Nature, scope and importance of communication
- Communication process in the organization
- Barriers to communication
- Improving organizational communication

**Unit V: Controlling** 12 hours

5.1 **Controlling**

- Definition, process and characteristics
- Basic steps in controlling process

5.2 **Performance appraisal**

- Definition, nature, scope and purposes
- Performance appraisal tools (graphic rating scale, anecdotal notes, checklist)
- Performance appraisal process

**Unit VI: Quality Assurance** 10 hours

- Definition and objectives
- Advantages and disadvantages
- Process of quality assurance
- Indicators for quality service
- Quality control in nursing practice
• Nursing standards and nursing audits

Unit VII: Human Resource Development in Health 20 hours

7.1 Human resource planning, production and management

• Purposes, objectives of human resource planning
• Process of human resource planning in health
• Basic criteria of human resource development in health
• Methods of determining human resource requirement

7.2 Staffing

• Definition, purposes and elements of staffing
• Planning for staffing
• Recruiting and selection of staff
• Orientation and scheduling
• Human resource development

7.3 Conflict management

• Meaning and sources of organizational conflict
• Types and effects of conflict
• Reaction to conflict and their resolution
• Conflict management

7.4 Problem Solving

• Definition of problem
• Prevention of problem
• Problem solving strategies/process
• Meeting: method of conducting meeting and writing minutes

Unit VIII: Disaster Management 7 hours

• Definition and types of disaster
• Consequences of disaster
• Process of disaster relief
• Management of disaster in primary, secondary and tertiary level
Unit IX: Health Economics: 25 hours

a. Introduction of Health Economics
   - concept of health economics
   - definition of commonly used terms: health, economics, health economics, development, cost, utility, poverty, production, distribution, consumption, value
b. relationship between health and development
c. obstacles to economic development of a country
d. Concept of National Income
e. Concept of Health care market
   - Concept of Law of Demand and Law of Supply
   - type of market (monopoly, monopolistic competition, perfect competition, Market failure and the role of government
f. Economic evaluation: meaning, types, process
g. Current health policy and planning of Government of Nepal
h. Health care financing: National health account
i. Concept of equity and efficiency

Teaching Learning Methods: Interactive lecture, group discussion, demonstrations and individual and group work

Internal Assessment: Classroom participation, written assignments, written examination

Final Examination: Written examination

References
Leadership and Management (Practicum)

Code No: B.N.306  Total Hours: 300
Placement: 3rd Year  Total Marks: 100

Course Description: This course offers the students opportunity to implement the concept and principles of management and health economics in the hospital, community and college. In total eight weeks of management practicum, students will spend four weeks in the hospital (ward), three weeks in the community management and one week in the college administration.

In the hospital each student will get incharge experience for one week. They will be posted in the ward in three shifts (morning, evening and night) under the supervision and guidance of the instructor or ward sister. Each students is required to have experience in the ward management as follows:

Hospital Management
1 week morning duty: 36 hours
1 week evening duty: 36 hours
1 week night duty: 72 hours
1 week unit incharge duty: 36 hours

Community Management
1 week observation: 6 days @ 6 hours (36 hours)
1 week DPHO: 6 days @ 6 hours (36 hours)
1 weeks PHC management: 6 days @ 6 hours for 2 weeks (72 hours)
1 week campus management: 12 days @ 6 hours (36 hours)

Course Objectives: At the end of course the students will be able to:
In the Hospital ward:
- Acts as a incharge nurse in different ward taking full responsibilities
- Cooperate with different categories of staffs and departments
- Assign duty for the staff and students
- Supervise the subordinates and students those who are working in her units
- Maintain daily/weekly supplies according to needs of the unit
- Identify administrative problems in the unit and try to solve them in an effective manner with cooperation of ward incharge
- Work as a change agent (try to change a traditional methods which is not scientific)
In the Community Health Nursing Administration:
- Identify the structure and function of health care delivery system of the country and focusing DPHO.
- Prepare work schedule for daily activities.
- Identify administrative problems and give possible solution.
- Identify resources and mobilize those to solve the problems.
- Analyse the job description of different health personnel in DPHO including PHC.
- Plan and give in-service education to the staff working in health facilities.

In the Campus Administration:
- Observation of administrative and academic responsibilities of campus chief, and various academic and administrative departments/section.

Evaluation:
Internal Evaluation: 75 marks
1. In-service education – 1 (in the hospital or community health institution) – 10 marks
2. Change process – 1 (in the hospital or community health institution) – 10 marks
3. Clinical performance evaluation in the hospital – 25 marks
4. Performance evaluation in the community – 20 marks
5. Report of the administration and academic responsibilities – 10 marks

Final Examination: Oral examination: 25 marks