

## COMMUNITY HEALTH NURSING

Placement: Second Year

Time allotted: Theory – 94hrs  
Practical -283 hrs

### COURSE DESCRIPTION

The course enables the students to understand the national health care delivery system and to participate in the delivery of community health nursing.

### OBJECTIVES

At the end of the course, the student will

1. Explain the concept of various factors contributing to health of individual, family and community.
2. Identify the role of community health nurse.
3. Describe national health care delivery system.
4. Describe epidemiological methods and principles of prevention and control of illness in the community.
5. Identify the role of personnel working in the community health set up.
6. Plan the work of community health nurse and supervise and train health workers.

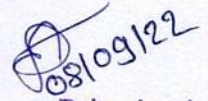
### COURSE CONTENTS

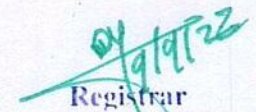
#### UNIT I

- Introduction
- Introduction to community health –Concepts, Principles and elements of primary health care.
- Introduction to community health nursing.
- Concepts of community health nursing –community nursing process.
- Objectives, scope and principles of community health nursing.

#### UNIT II

- Family health services
- Concept, objectives, scope and principles.
- Individual family and community as a unit of service
- Principles and techniques of home visiting
- Establishing working relationship with the family.
- Working with families in relation to prevention of disease, promotion of health.
- Care of the sick in the home, physically handicapped and mentally challenged.
- Surveillance and monitoring

  
Principal  
INDEX NURSING COLLEGE  
INDORE (M.P.)

  
Registrar  
Malwanchal University  
Indore (M P)



### UNIT III

- Organisation and administration of health services in India.
- National health policy
- Health care delivery system in India
- Health team concept
- Centre, State, district, urban health services, rural health services
- System of medicines
- Centrally sponsored health schemes
- Role of voluntary health organizations and international health agencies
- Role of health personnel in the community
- Public health legislation.

### UNIT IV

- Health Education
- Aims concepts and scope of the health education
- National plan for health education
- Communication techniques
- Methods and media for health education programmes
- Planning for health education and role of nurse

### UNIT V

- Role of the community health nurse.
- National health programmes
- Maternal and child health programmes
- Family welfare and school health services
- Occupational health services.
- As a member of the health team.
- Training and supervision of health care workers.

### UNIT VI

- Epidemiology
- Definition-concepts, aims, objectives, methods, principles
- Epidemiology – Theories and models
- Application of Epidemiology, principles and concepts in community health.
- Climate change and their impact on Health
- Air pollution and their impact on Health
- Heat wave and their impact on Health

### UNIT VII

- Bio statistics and vital statistics
- Introduction, definition and scope, legislation
- Report, recording and compiling of vital statistics at the local, state, national and



- international level.
- Definitions and methods of computing vital statistics
  - Methods of presenting data
  - Management information system.

### UNIT VIII

- Overview of COVID-19 infections.
- Epidemiology, infection process, clinical manifestations, diagnosis, treatment and dietetics.
- Nursing Assessment –History and Physical assessment
- Awareness and prevention during COVID 19 pandemic
- Nature of spread of pandemic and precautionary measures while caring COVID patients.
- Control and eradication of COVID-19

### PRACTICUM

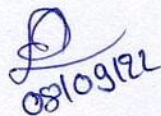
Each student will prepare a community profile.

The students will be allotted families for gaining experience in identifying family health needs, health counseling and guidance and family budgeting for optimum health.


The students will participate in the activities of primary health centre, Sub-centre, MCH Centre.

Visits will be made to selected health and welfare agencies, water purification plant and sewage disposal plant, infectious disease hospital.

Conduct health educational programmes for individual/groups/community.

  
08/09/22

Principal  
INDEX NURSING COLLEGE  
INDORE (M.P.)

  
Registrar  
Malwanchal University  
Indore (M.P.)



INTEGRATION OF CERTIFICATE COURSE IN COMMUNITY HEALTH NURSING

TOPICS ADDED

S.No	Topics	Duration (M)		Description	Resource materials
		Th.	Pr.		
1.	Roles & Responsibility of MLHP/CHO	30	-	<b>Theory:</b> Roles expected from CHO during their posting at sub-centres in the community	Lesson Plan; PPT
2.	New National Health Programs	240	-	<b>Theory:</b> Includes updates in National Health Programmes in RMNCAH+N, Adolescent health, MHS, PMSMA, Dakshata, SUMAN – Surakshit Matritva Aashwasa, WIFS & National Iron Plus Initiative guideline, NTEP, NPCBVI, NPHCE, NPPCD, NTCP, NOHP, NPPC, NPPMBI. Technical updates- Vit- A Supplementation, Iron Supplementation, Albendazole and Calcium supplementation to pregnant women, Antenatal Corticosteroids	Lesson Plan; PPT
3.	Ayushman Bharat, CPHC- Concept. Key elements	60	120	<b>Theory-</b> Upgradation of SC-HWC; Concept of CPHC- CPHC Guideline; PMJAY <b>Practical:</b> Visit to SC-HWC during the internship; Understand functionalities of SCHWC using checklist	Lesson Plan; PPT Checklist
4.	Standard treatment protocols at SC	60	120	<b>Theory:</b> Care by CHO as per service delivery framework of CPHC guidelines <b>Practical:</b> Diagnostics at SC-HWC	Lesson Plan; PPT Checklist
5.	RBSK	40	240	<b>Theory:</b> The recent updates and programmatic components <b>Practical:</b> Activity 38, 3 and 41 of module 3 of CCH	Lesson Plan; PPT Checklist
6.	Social Mobilization skills	30	120	<b>Theory:</b> Understand the concept and benefits Social Mobilization; role of Health Worker in Social Mobilization <b>Practical:</b> Activity 8 of module 3 of CCH	Lesson Plan; PPT Checklist
7.	Drug dispensing	60	120	<b>Theory:</b> Drug prescription; Drug dispensing; Administration of medications (Oral and Injections); Handling and disposal of injection related wastes <b>Practical:</b> Activity 14 of module 3 of CCH	Lesson Plan; PPT Checklist

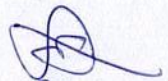


8.	Programme management including Monitoring & Supervision	30	-	<b>Theory:</b> SC-HWC as a program and its impact on community health. CHO's role as manager. Concepts of Leadership, Supervision, Monitoring and De-stressing	Lesson Plan; PPT
9.	Investigation of Outbreak	60	120	<b>Theory:</b> Steps of Investigation of an Outbreak with example of Outbreak of Acute Gastro-Enteritis <b>Practical:</b> Activity 5 of module 3 of CC	Lesson Plan PPT Checklist
10.	BCC and soft skills	30	-	<b>Theory:</b> Basics of Communication, health belief model, behaviour change, and problem solving	Lesson Plan; PPT
11.	IDSP	30	-	<b>Theory:</b> Integrated Disease surveillance Programme under Communicable disease	Lesson Plan; PPT
12.	MCTS	30	90	<b>Theory:</b> ANMOL/RCH portal and its implications in improving MCH <b>Practical:</b> Hands-on experience on ANMOL tablet during visit to SC	Lesson Plan; PPT Checklist
13.	Chikungunya	40	-	<b>Theory:</b> Disease characteristics, care and management	Lesson Plan; PPT
14.	Organization of Labor room	30	120	<b>Theory:</b> Standardization of Labour Room at Delivery Points <b>Practical:</b> skill demonstration/orientation in skill lab or during Labor room visits	Lesson Plan; PPT Checklist
15.	Safe childbirth checklist	30	120	<b>Theory:</b> concept and use of SCC <b>Practical:</b> skill demonstration/orientation in during Labor room visits	Lesson Plan; PPT Checklist
16.	Postpartum visit by Health worker	60	120	<b>Theory:</b> Importance and operational aspects of home visits during post-partum period <b>Practical:</b> Post-partum visits as per SBA, HBNC/HBYC guidelines during internship	Lesson Plan; PPT Checklist
17.	Family Planning 2020	30	-	<b>Theory:</b> India's vision and activities to achieve FP 2020 goals	Lesson Plan; PPT
18.	National Family Planning programme	60	240	<b>Theory:</b> Newer family planning methods, unmet need, Basket of choice <b>Practical:</b> organizing family planning clinics, Counseling of couples using GATHER Approach and Interval IUCD & PPIUCD insertion	Lesson Plan; PPT Checklist



19.	Food Born diseases	45	-	<b>Theory:</b> Food poisoning and food intoxication, Public health response to food borne diseases, Food safety, food storage, and handling. Eat right Campaign	Lesson Plan; PPT Checklist
-----	--------------------	----	---	---	----------------------------------

  
Registrar  
Malwanchal University  
Indore (M.P.)

  
08/09/22  
Principal  
NDEX NURSING COLLEGE  
INDORE (M.P.)



## TOPICS REVIEWED

S.No	Topics	Duration (M)		Description	Resource materials
		Th.	Pr.		
1.	Health Planning and Healthcare delivery system in India (IPHS)	60	60	<b>Theory:</b> Concept of planning and management for health, Health Care delivery system in India as per IPHC norms <b>Practical:</b> Facility assessment checklist for PHC and SC as per IPHS norms	Lesson Plan; PPT & Job Aid Checklist
2.	HMIS	60	60	<b>Theory: Concept,</b> data elements and flow, recording and reporting formats <b>Practical:</b> Orientation on HMIS application during CHC/PHC and SC visit	Lesson Plan; PPT & Job Aid, Checklist
3.	Electronic Medical Record	60	-	<b>Theory:</b> Concept, benefits, disadvantages, roles of health care providers	Lesson Plan; PPT
4.	Micro birth Planning	60	-	<b>Theory:</b> Concept, steps involved and role of ANM/ASHA and	Lesson Plan; PPT/Job Aid
5.	Adolescent Counselling	60	60	<b>Theory:</b> Need and rationale for adolescent counselling, forums for counselling, suggested topics <b>Practical:</b> Activity 36 of module 3 of CCH and visit to AFHC	Lesson Plan; PPT/ Job Aid Checklist
6.	Sources of Vital Statistics	30	60	<b>Theory:</b> different sources and their importance in India, implications on health parameters <b>Practical:</b> community mapping, calculating vital statistics of the community	Lesson Plan; PPT/Job Aid Checklist
7.	Financial management, Accounts and computing at Sub Center	30	60	<b>Theory:</b> budgeting and financial provisions at Sub centre. Untied funds and its usage <b>Practical:</b> study of records and register during the field visits to SC	Lesson Plan; PPT/ Job Aid
8.	Mental health act and de-addicting programme	30	60	<b>Theory:</b> Mental Health Act, suicide prevention, de-addiction strategies and care/management at community level <b>Practical:</b> Wellness and health promotion activities at SC HWC	Lesson Plan; PPT/Job Aid Checklist



9.	Time trend in disease occurrence in Epidemiology	30	-	<b>Theory:</b> concept and definitions, examples in local context	PPT
10.	IYCF and counselling	60	60	<b>Theory:</b> Appropriate infant and young child feeding practices, exclusive breast feeding and complementary feeding <b>Practical:</b> Activity 40 of module 3 of CCH (Infant and Young Child Feeding)	Lesson Plan; PPT/Job Aid Checklist
11.	National Nutrition Mission	30	60	<b>Theory:</b> purpose, strategy, components of Poshan Abhiyaan <b>Practical-</b> Activity 41 of module 3 of CCH (Promoting and Monitoring Growth and Development and Plotting Chart)	Lesson Plan; PPT/Job Aid Checklist
12.	Use of Equipment		120	<b>Practical:</b> Activity 43 of module 3 of CCH (use of equipment) during visit to District hospital/CHC	Lesson Plan; PPT/Job Aid Checklist
13.	Throat problem and febrile seizure in children	30	60	<b>Theory:</b> Causes, symptoms, care and management of throat problem and febrile seizure. <b>Practical:</b> Activity 17 of module 3 of CCH-Assessment of patients with Ear, Nose and Throat (ENT) problems	Lesson Plan; PPT/Job Aid Checklist
14.	Transportation of baby and common accidents/ mishaps in labor room	60	-	<b>Theory:</b> Guiding principles for transporting sick babies and common mishaps in labor room and their management	Lesson Plan; PPT/Job Aid Checklist
15.	Counselling - GATHER approach	30	60	<b>Theory:</b> The concept, components and application of counselling using GATHER approach based on Family Planning Guidelines <b>Practical:</b> Post-Partum or antenatal FP counseling during clinical postings	Lesson Plan; PPT/Job Aid Checklist
16.	BMW and rules of 2016	60	60	<b>Theory:</b> Based on revised bio-medical waste management guidelines of 2016 <b>Practical:</b> Activity 11-Hand Washing skills and Activity 12-Bio-medical Waste Management	Lesson Plan; PPT/Job Aid Checklist
17.	Suturing of superficial wounds	60	60	<b>Theory:</b> Immediate wound care, Dressing of wound, Primary sutures and techniques of suturing skin <b>Practical:</b> Activity 19 (BNSL 043)- Suturing of superficial Wounds	Lesson Plan; PPT/Job Aid Checklist
18.	Post-Partum IUCD (PPIUCD)	60	120	<b>Theory:</b> Introduction to PPIUCD- mechanism, benefits, side effects, return to fertility, complications, Medical eligibility criteria <b>Practical:</b> Family Planning clinics in 4th year BSC(N) <b>Practical</b> sessions. Activity 34- Insertion and removal of IUDs	Lesson Plan; PPT/Job Aid Checklist



## MATERNAL NURSING

**Placement: first Year**

**Time Allotted: Theory -61hrs  
Practical - 240hrs**

### COURSE DESCRIPTION

This course is designed to widen the student's knowledge of obstetrics during pregnancy, labour and puerperium. It also helps to acquire knowledge and develop skill in rendering optimum nursing care to a child bearing mother in a hospital or community and help in the management of common gynecological problems.

### OBJECTIVES

At end of the course, the student will

1. Describe the physiology of pregnancy, labour and puerperium.
2. Manage normal pregnancy, labour and puerperium.
3. Explain the physiology of lactation and advice on management of breast feeding.
4. Be skilled in providing pre and post operative nursing care in obstetric conditions.
5. Identify and manage high risk pregnancy including appropriate referrals.
6. Propagate the concept and motivate acceptance of family planning methods.
7. Teach, guide and supervise auxiliary midwifery personnel.

### COURSE CONTENTS UNIT I

- Introduction and historical review
- Planned parenthood
- Maternal morbidity and mortality rates
- Legislations related to maternity benefits, MTP acts, incentives for family planning etc.,

### UNIT II

- Review of the anatomy and physiology of female reproductive system.
- Female pelvis(normal and contracted)
- Review of foetal development.

### UNIT III

- Physiology and management of pregnancy, labour and puerperium

Principal  
08/09/22



- Signs and symptoms and diagnosis of pregnancy
- Antenatal care
- Pregnant women with HIV/AIDS
- Management of common gynaecological problems.

#### UNIT IV

- The New born baby
- Care of the baby at birth including resuscitation
- Essential Newborn Care
- Feeding
- Jaundice and infection
- Small and large for date babies
- Intensive care of the new born
- Trauma and haemorrhage

#### UNIT V

- Management of abnormal pregnancy, labour and puerperium
  - Abortion, ectopic pregnancy and vesicular mole.
  - Pregnancy induced hypertension, gestational diabetes, anaemia, heart disease.
  - Urinary infections, Antepartum hemorrhage
  - Abnormal labour (malposition and malpresentation)
  - Uterine inertia
  - Disorders of puerperium
  - Management of engorged breast, cracked nipples, breast abscess and mastitis
  - Puerperal sepsis
  - Post partum haemorrhage
  - Inversion and prolapse of uterus, obstetrical emergencies
- Obstetrical operations i.e. forceps, vacuum, episiotomy, caesarean section.

#### UNIT VI

- Drugs in obstetrics
- Effects of drugs during pregnancy, labour and puerperium on mother and baby.

#### UNIT VII

- National Welfare programmes for women
- National Family welfare programme
- Infertile family
- Problems associated with unwanted pregnancy
- Unwed mothers.

#### UNIT VIII

- Perinatal care during COVID 19 pandemic

*[Signature]*  
08/09/22

**Principal**  
**INDEX NURSING COLLEGE**  
**INDORE (M.P.)**


22


*[Signature]*  
Registrar  
Malwanchal University  
Indore (M.P.)



## PRACTICUM

1. The students will
  - a. Be posted in antenatal clinic, antenatal ward, labour room, postnatal ward, maternity OT, MTP room.
  - b. Visit welfare agencies for women and write observation report.
  - c. Follow nursing process in providing care to 3-6 patients.
  - d. Write at least two nursing care studies and do a presentation
  - e. Give at least one planned health teaching to a group of mothers
  
2. Practice following nursing procedures.
  - a. Antenatal and post natal examination, per vaginal exam.
  - b. Conduct normal delivery, stitching of episiotomy, (For male candidates minimum conduct of 5 deliveries)
  - c. Motivation of family for adopting family planning methods.
  - d. Motivate family for Planned Parenthood.
  - e. Assist in various diagnostic and therapeutic procedures including IUD insertion and removal.

  
Registrar  
Malwanchal University  
Indore (M.P.)

  
Principal  
INDEX NURSING COLLEGE 23  
INDORE (M.P.)