

Nursing Syllabus for PET

Nursing course cover study from all the branches namely Medical Surgical Nursing, Child Health Nursing (Paediatric Nursing) , Obstetrics & Gynecological Nursing (Maternity Nursing) Community Health Nursing and Psychiatric Nursing (Mental Health Nursing)

Medical Surgical Nursing:

Unit-I: Management of patients with disorders of Gastrointestinal tract - Review of anatomy and physiology. -Common Disorders-etiology, Patho physiology,Clinical manifestations, complications, prognosis. -Health assessment- History taking, physical examination, investigation and diagnostic assessment. - Treatment modalities and trends. - Nursing management. - Related research studies. - Evidence based nursing practice. - Rehabilitation and follow-up.

Unit-II: Management of patients with disorders of nervous system - Review of anatomy and physiology. -Common Disorders- etiology, Pathophysiology, Clinical manifestations, complications, prognosis. -Health assessment-History taking, physical examination, investigation and diagnostic assessment. - Treatment modalities and trends. - Nursing management. - Related research studies. - Evidence based nursing practice. - Rehabilitation and follow-up.

Unit-III: Management of patients with disorders of respiratory system - Review of anatomy and physiology. - Common disorders – etiology; pathophysiology; clinical manifestations, complications & prognosis - Health Assessment – History taking, physical examination, investigation and diagnostic assessment.

Unit-IV: Management of patients with disorders of cardiovascular system - Review of anatomy and physiology. - Common Disorders- etiology, Pathophysiology, Clinical manifestations, complications, prognosis. - Health assessment-History taking, physical examination, investigation and diagnostic assessment. - Treatment modalities and trends. - Nursing management.

UnitV: Management of patients with disorders of blood - Review of anatomy and physiology. - Common Disorders-etiology, Pathophysiology, Clinical manifestations, complications, prognosis. - Health assessment-History taking, physical examination, investigation and diagnostic assessment.

Unit-VI: Management of patients with disorders of genito urinary system Review of anatomy and physiology. %o Common Disorders-etiology, Pathophysiology, Clinical manifestations, complications, prognosis. Health assessment-History taking, physical examination, investigation and diagnostic assessment

Unit-VII: Management of patients with disorders of endocrine system Review of anatomy and physiology. Common Disorders-etiology, Pathophysiology, Clinical manifestations, complications, prognosis. Health assessment-History taking, physical examination, investigation and diagnostic assessment.

Unit-VIII: Management of patients with disorders of muscular-skeletal system Review of anatomy and physiology. Common Disorders- etiology, Pathophysiology, Clinical manifestations, complications, prognosis. Health assessment-History taking, physical examination, investigation and

UnitIX:-Management of patients with disorders of integumentary system -Review of anatomy and physiology. - Common Disorders- etiology, Pathophysiology, Clinical manifestations, complications, prognosis. Health assessment-History taking, physical examination, investigation and diagnostic assessment..

Unit-X: Management of patients with disorders of Eye and ENT Review of anatomy and physiology. Common Disorders-etiology, Pathophysiology, Clinical manifestations complicationNursing management. Related research studies. Evidence based nursing practice.

Unit –XI: Management of patients with disorders of reproductive system Review of anatomy and physiology. Common Disorders- etiology, Pathophysiology, Clinical manifestations, complications, prognosis. Health assessment-History taking, physical examination, investigation and diagnostic assessment.

Unit-XII: Geriatric nursing Nursing Assessment-History and Physical assessment. Ageing; Demography; Myths and realities. Concepts and theories of ageing. Cognitive Aspects of Ageing. Normal biological ageing. Age related body systems changes. Psychosocial Aspects of Aging. Medications and elderly. Stress & coping in older adults. Common Health Problems & Nursing Management;

Unit-XIII: Management of patients with communicable and sexually transmitted diseases: Review of immune system. Common Disorders of immune system – HIV/AIDS. Review of infectious disease process.

Unit-XIV: Emergency, trauma and multi-system organ failure DIC (disseminated intra vascular coagulation) Trauma, burns, poisoning Etiology, Pathophysiology, Clinical manifestations, complications, prognosis. Health assessment-History taking, physical examination, investigation and diagnostic assessment.

Pediatric Nursing:

Unit-I Growth and Development of children Principles of growth and development, Concepts and theories of growth and development, Developmental tasks and special needs from infancy to adolescence, developmental milestones, Assessment of growth and development of pediatric clients, Factors affecting growth and development.

Unit-II: Behavioral Pediatrics and Pediatric Nursing Parent child relationship, Basic behavioral pediatric principles and specific behavioral pediatric concepts/disorders- maternal deprivation, failure to thrive, child abuse, the battered child, Common behavioral problems and their management, Child guidance clinic.

Unit-III: Preventive Pediatrics and Pediatric Nursing Concept, aims and scope of preventive pediatrics, Maternal health and its influence on child health antenatal aspects of preventive pediatrics, Immunization, expanded program on immunization/ universal immunization program and cold chain, Nutrition and nutritional requirements of children, changing patterns of feeding, baby- friendly hospital initiative and exclusive breast feeding, Health education, nutritional education for children Nutritional programs National and international organizations related to child health, Role of pediatric nurse in the hospital and community.

Unit-IV: Neonatal Nursing New born baby- profile and characteristics of the new born, Assessment of the new born, Nursing care of the new born at birth, care of the new born and family, High risk newborn- pre term and term neonate and growth retarded babies, Identification and classification of neonates with infections, HIV & AIDS, Ophthalmia neonatorum, congenital syphilis. High risk new born- Identification, classification and nursing management Organization of neonatal care, services(Levels), transport, neonatal intensive care unit, organization and management of nursing services in NICU.

Unit-V: Pathophysiology, assessment(including interpretation of various invasive and non-invasive diagnostic procedures), treatment modalities and nursing intervention in selected pediatric medical disorders

Child with respiratory disorders: - Upper respiratory tract: choanal atresia, tonsillitis, epistaxis, aspiration. - Lower respiratory tract: Broncheolitis, Bronchopneumonia, Asthma, cystic fibrosis etc.

Child with gastro-intestinal disorders: - Diarrheal diseases, gastro-esophageal reflux. - Hepatic disorders: Hepatitis, Indian childhood cirrhosis, liver transplantation. - Malabsorption syndrome, Malnutrition •etc.

Child with renal/ urinary tract disorders: Nephrotic syndrome, Nephritis, Hydronephrosis, hemolytic-uremic syndrome, kidney transplantation etc.

Child with cardio-vascular disorders: - Acquired: Rheumatic fever, Rheumatic heart disease, - Congenital: Cyanotic and acyanotic etc.

Child with endocrine/metabolic disorders: Diabetes insipidus, Diabetes Mellitus – IDDM, NIDDM, hyper and hypo thyroidism, phenylketonuria, galactosemia etc.

Child with Neurological disorders: Convulsions, Meningitis, encephalitis, guillian- Barre syndrome •
Child with oncological disorders: Leukemias, Lymphomas, Wilms’ tumor, neuroblastomas, neuroblastomas, Rhabdomyosarcoma, retinoblastoma, hepatoblastoma, bone tumors etc.

Child with blood disorders: Anemias, thalassemias, hemophilia, polycythemia, thrombocytopenia, and disseminated intravascular coagulation etc.

Child with skin disorders and Common Eye and ENT etc.

Unit-VI: Intensive care for pediatric clients Resuscitation, stabilization & monitoring of pediatric patients Anatomical & physiological basis of critical illness in infancy and childhood Care of child requiring long-term ventilation Nutritional needs of critically ill child Legal and ethical issues in pediatric intensive care Intensive care procedures, equipment and techniques Documentation.

Unit-VII: Management of high risk neonate. Organization of neonatal care, services(Levels), transport, neonatal intensive care unit, organization and management of nursing services in NICU

Unit-VIII: Management of children with developmental issues and special children.

Obstetric Nursing:

Unit-I: **Pregnancy & Maternal adaptation** : Physiological, psychosocial • Assessment–Maternal and foetal measures Maternal measures: History taking, examination -General, physical and obstetrical measure, identification of high risk, • Foetal measure- clinical parameters, biochemical- human estriol, Maternal Serum Alfa Feto Protein, Acetyl Choline esterase (AchE),Triple Test Amniocentesis, Amniocentesis, chorionic villus sampling (CVS)). • Biophysical-(US IMAGING, Foetal movement count, Ultra Sonography, Cardiotocography, electrocardiography, Non Stress Test(NST), Contraction stress test(CST), amnioscopy, foetoscopy, • Radiological examination, o Interpretation of diagnostic tests and nursing implications o Nursing management of the pregnant women, minor disorders of pregnancy and management, preparation for child birth and parenthood, importance of institutional delivery , choice of birth setting, importance and mobilizing of transportation, prenatal counseling, role of nurse and crisis intervention, , identification of high risk pregnancy and refer o Alternative/complementary therapies.

Unit-II: Normal Labour and nursing management: • Essential factors of labour • Stages and onset First stage: Physiology of normal labour • Use of partograph: Principles, use and critical analysis, evidence based studies •Analgesia and anaesthesia in labour •Nursing management Second stage •Physiology , intrapartum monitoring •Nursing management. • Resuscitation , immediate newborn care and initiate breast feeding (Guidelines of National neonatology forum of India) Third stage •Physiology and nursing management Fourth stage – Observation, critical analysis and Nursing management. •Various child birth practice: water birth, position change etc •Evidence based practice in relation to labour intervention Role of nurse midwifery practitioner •Alternative/complementary therapies.

Unit-III:A: Normal puerperium and nursing management Physiology of puerperium Physiology of lactation, lactation management, exclusive breast feeding, Baby friendly hospital initiative (BFHI)

Assessment of postnatal women . Minor discomforts and complications of puerperium, Management of mothers during puerperium: Postnatal exercises Rooming in, bonding, warm chain Evidence based studies Role of nurse midwifery practitioner •Alternative/complementary therapies.

Unit-III-B : Managing women with problems during pregnant and women with pre-existing health issues.

Unit-III-C: Abnormal labour, pre-term labour & obstetrical emergencies and post-partum complications..

Unit-IV: Normal Newborn Physiology and characteristics of normal newborn Physical and Behavioural assessment of newborn Needs of newborn Essential newborn care: Exclusive breast feeding, Immunization, Hygiene measures, Newborn nutrition Organization of neonatal care, services(Levels), transport, neonatal intensive care unit, organization and management of nursing services in NICU Observation and care of newborn Parenting process.

Unit-V: Pharmaco dynamics in obstetrics Drugs used in pregnancy, labour, post partum and newborn Calculation of drug dose and administration Effects of drugs used Anesthesia and analgesia in obstetrics Roles and responsibilities of midwifery nurse practitioner Standing orders and protocols and use of selected life saving drugs and interventions of obstetric emergencies approved by the MOHFW.

Unit-VI: Infertility Primary and secondary causes Diagnostic procedures Counseling: ethical and legal aspects of assisted reproductive technology (ART) Recent advancement in infertility management, Adoption procedures. and Role of nurses in infertility management.

Unit-VII: Menopause Physiological, psychological and social aspects Hormone Replacement Therapy Surgical menopause Counseling and guidance Role of midwifery nurse practitioner.

Unit-VIII: Abortion Types, causes Legislations, Clinical rights and professional responsibility Abortion procedures Complications Nursing management Role of midwifery nurse practitioner

Unit -IX: Gynecological problems and nursing management Gynecological assessment Gynecological procedures Etiology, pathophysiology, diagnosis and nursing management of • Menstrual irregularities • Diseases of genital tract • Genital tract infections • Uterine displacement •

Genital prolapse • Genital injuries • Uterine malformation • Uterine fibroid, ovarian tumors, Breast carcinoma, Pelvic inflammatory diseases, reproductive tract malignancies, hysterectomy – vaginal and abdominal. • Sexual abuse, rape, trauma, assault

Community Health Nursing:

Unit-I: Introduction Historical development of Community Health and Community health Nursing World and India, various health and family welfare committees ’ Current status, trends and challenges of Community Health Nursing ’ Health status of the Community-community diagnosis ’ Scope of Community health Nursing practice ’ Ethical and legal concepts and issues in community health nursing. ’ Public Health legislation – eg THE DRUG ACT COPRA, STATE PUBLIC HEALTH ACT , MUNICIPAL ACT, ENVIRONMENTAL ACT.. ’ Socio-cultural issues in Community health Nursing □ National Policies, plans and programmes •National health policy •National Population policy •National Health and welfare Programmes • National Health goals/ indicators/ Millennium developmental goals(MDG)/ Strategies •Planning process: Five year plans National Rural Health Mission.

Unit-II: Health Concepts, issues Determinants Measurements Alternate systems for health promotion and management of health problems Health economics Health technology Genetics and health Waste disposal Eco system.

Unit-II: Population dynamics and control Demography Transition and theories of population National population policy National population programmes Population control and related programmes Methods of family limiting and spacing Research, Census, National Family Health Survey.

Unit-III: Community health Nursing Philosophy, Aims, Objective, Concepts, Scope, Principles, Functions Community health Nursing theories and models Quality assurance: Community health Nursing standards, competencies, Monitoring community health nursing, nursing audits Family nursing and Family centered nursing approach Family health nursing process Family health assessment Diagnosis Planning Intervention Evaluation Community Health Nursing Process Nursing care for special groups: children, adolescents, adults, women, elderly, physically and mentally challenged-Urban and rural population at large Community nutrition Concept, role and responsibilities of community health Nurse practitioners/nurse midwifery practitioners-decision making skills, professionalism, legal issues.

Unit-IV: Maternal and neonatal care IMNCI(Integrated Management of Neonatal And Childhood Illnesses) module Skilled Birth Attendant (SBA) module.

Unit-V: Disaster nursing (INC module on Reaching out: Nursing Care in emergencies).

Unit-VI: Information, education and communication IEC/BCC: Principles and strategies Communication Skills Management information and evaluation system: Records and reports Information technology Tele-medicine and tele-nursing Journalism Mass media Folk media.

Unit-VII: Health care delivery system: Urban, rural, tribal and difficult areas Health organization: National, State, District, CHC, PHC, Sub Centre, Village - Functions, Staffing, pattern of assistance, layout, drugs, Responsibilities of DPHNO Critical review of functioning of various levels, evaluation studies, recommendations and nursing perspectives Alternative systems of medicine Training and supervision of health workers, Health agencies: NGO's, Roles and functions % Inter-sectoral coordination % Public private partnership % Challenges of health care delivery system

Unit-VIII: National Health and Family Welfare Programmes Objectives, Organization/manpower/resources, Activities, Goals, inter-sectoral approach, implementation, item/purpose, role and responsibilities of community health nurse: • National Vector Borne Disease Control Programme (NVBDCP) • National Filaria Control Programme • National Leprosy Eradication Programme • Revised national TB Control Programme • National Programme for Control of Blindness • National Iodine Deficiency disorders Control Programme • National Mental Health Programme • National AIDS Control Programme • National Cancer Control Programme • RCH I and II • Non-communicable disease programmes • NRHM - Health Schemes: Å ESI Å CGHS Å Health Insurance.

Unit-IX: Occupational health Introduction: Trends, issues, Definition, Aims, Objectives, Workplace safety Ergonomics and Ergonomic solutions Occupational environment- Physical, social, Decision making, Critical thinking Occupational hazards for different categories of people physical, chemical, biological, mechanical, , Accidents, Occupational diseases and disorders Measures for Health promotion of workers; Prevention and control of occupational diseases, disability limitations and rehabilitation Women and occupational health Occupational education and counseling Violence at workplace Child labour Disaster preparedness and management Legal issues: Legislation, Labour unions, ILO and WHO recommendations, Factories act, ESI act Role of Community health nurse, Occupational health team

Mental Health Nursing:

Unit-I: Introduction Mental Health and Mental Illness Historical perspectives Trends, issues and magnitude Contemporary practices Mental health laws/Acts National mental health program -National mental health authority, state mental health authority Human rights of mentally ill Mental Health/ Mental Illness Continuum Classification of mental illnesses-ICD, DSM Standards of Psychiatric nursing Challenges and Scope of psychiatric nursing Multi-disciplinary team and role of nurse Role of psychiatric nurse- extended and expanded.

Unit-II: Concepts of Psychobiology The Nervous System: •An Anatomical Review •The Brain and limbic system •Nerve Tissue •Autonomic Nervous system •Neurotransmitters Neuroendocrinology •Pituitary, Thyroid Gland •Circadian Rhythms Genetics Neuro psychiatric disorders Psycho-immunology •Normal Immune response •Implications for psychiatric Illness Implications for Nursing

Unit-III: Theories of Personality Development and relevance to nursing practice Psychoanalytic Theory- Freud's Interpersonal Theory-Sullivan's Theory of Psychosocial Development-Erikson's Theory of object relations Cognitive Development Theory of Moral Development A Nursing Model- Hildegard E. Peplau.

Unit-IV: Stress and its management An introduction to the concepts of stress Psychological Adaptation to stress Stress as a Biological Response. Stress as an Environmental Event. Stress as Transaction between the Individual and the Environment. Stress management.

Unit-V: Therapeutic communication and interpersonal relationship Review communication process, factors affecting communication Communication with individuals and in groups Techniques of therapeutic communication-touch therapy Barrier of communication with specific reference to psychopathology Therapeutic attitudes Dynamics of a therapeutic Nurse-client relationship; Therapeutic use of self-gaining self-awareness Therapeutic nurse-patient relationship its phases ; Conditions essential to development of a therapeutic relationship Therapeutic impasse and its management.

Unit-VI: Assertive Training Assertive Communication Basic Human Rights Response Patterns
•(Nonassertive Behavior •Assertive Behavior •Aggressive Behavior •Passive-Aggressive Behavior)
Behavioral Components of Assertive Behavior Techniques that Promote Assertive Behavior Thought-
Stopping Techniques Method Role of The Nurse.

Unit-VII: Promoting Self-Esteem Components of Self-Concept The Development of Self-Esteem
The Manifestations of Low-Self-Esteem Boundaries Role of The Nurse.

Unit-VIII: Women and Mental Health •Normal reaction to conception, pregnancy and puerperium
•Problems related to conception, pregnancy and puerperium and its management. •Counseling –
Premarital, marital and genetic.

Unit-IX: The nursing process in psychiatric/mental health nursing Mental health assessment- History
taking, mental status examination Physical and neurological examination Psychometric assessment
Investigations, Diagnosis and Differential diagnosis Interpretation of investigations Nurse's role.

Unit-X: Psycho social and physical therapies Individual therapy Behavioural Therapy- Relaxation
therapy, cognitive therapy, positiveneegative reinforcement, bio-feedback, guided imagery, ab-reactive
therapy Group Therapy Family Therapy.

Unit-XI: Electro convulsive Therapy Historical Perspectives Indications Contraindications
Mechanisms of Action Side Effects Risks Associated with Electroconvulsive Therapy

Unit-XII: Psycho pharmacology Historical Perspectives Role of a Nurse in Psychopharmacological
Therapy •Anti anxiety Agents •Antidepressants Agents •Mood stabilizers •Anti psychotics

Unit-XIII: Alternative systems of medicine in mental health Types of Therapies •Herbal Medicine
•Unani •Siddha •Homeopathic •Acupressure and Acupuncture

Unit-XIV: Crisis Intervention Crisis, Definition Phases In The Development of A Crisis Types of
Crisis; Dispositional , Anticipated Life Transitions Traumatic Stress, Maturation/ Development ,
Reflecting Psychopathology Psychiatric Emergencies and their management Grief and grief reaction
Crisis Intervention; Phases Post traumatic stress disorder (PTSD) Role of the Nurse

Unit-XV: Anger/ Aggression Management, Management of Suicidal Client, and Disorders of Infancy,
Childhood, and Adolescence.

Unit-XVI: Management of Patients with:- Delirium, Dementia, and Amnesic Disorders, Substance-
Related Disorders, Schizophrenia and Other Psychotic Disorders (Check ICD10), Mood Disorders
Anxiety Disorders, Somatoform And Sleep Disorders,, Dissociative Disorders and Management,

Sexual And Gender Identity Disorders, eating disorder, Adjustment and Impulse Control Disorders, Medical Conditions due to Psychological Factors, Personality Disorders.

Unit-XVI: Management of Patients with: Aging Individual, person living with HIV Disease, Problems Related to Abuse or Neglect, Ethical and Legal Issues in Psychiatric/Mental Health Nursing., Psychosocial rehabilitation and Counseling.