

# **B.Sc NURSING CURRICULUM**

**2 YEARS Post R.N. B.Sc. NURSING PROGRAM**



**UNIVERSITY OF HEALTH SCIENCES  
LAHORE**

# **UNIVERSITY OF HEALTH SCIENCES, LAHORE**

## **CURRICULUM FOR 2 YEAR POST R. N. DEGREE PROGRAMME**

### **1. INTRODUCTION**

By the grace of God, beginning of Post R. N. B.Sc. Nursing Program in University of Health Sciences, Lahore is a great achievement for Nursing Profession. We hope that beginning step will be milestone of new Era of Nursing profession in Punjab. It is two-year degree program with the objective to prepare competent nurses who will develop innovative skills solutions to complex health problems from the scientific perspective.

B.Sc. Nursing focuses upon the care of people in pursuit of optimal health throughout life. The World Health Organization has adopted primary health care as the strategy to promote the achievement of their goal.

To fully contribute towards the achievement of the health for all goals, B. Sc nurses must understand and contribute to the community health of the population. This role includes health promotion and disease prevention, as well as the curative and rehabilitative care of individuals and the community. The B. Sc nurse may function as direct care giver, health educator, administrator, communicator, coordinator and advocate. Because the B. Sc nurse functions in a wide variety of settings, the educational program must provide for a broad learning experience that prepares the B. Sc qualified nurse to respond to complex and varied needs.

A systematic program of study and experience is required to allow the B. Sc Nursing student an opportunity to gain scientific knowledge, develop technical skills and acquire professional attitudes.

The provision of nursing care requires innovative approaches in a variety of settings in order to assist individuals, families and communities to achieve the highest level of health care possible within the country's economic capacity. Post R. N. B.Sc. Nursing requires logical and critical thinking and the ability to make sound judgments.

The goal of the Post R. N. B. Sc Nursing education program is to prepare a graduate (degree holder nurse) who is health oriented rather than disease oriented and is able to provide care to the well and sick individuals, families and communities. Thus, the principles of primary health care are central to this B. Sc Nursing curriculum.

## **2. PHILOSOPHY OF POST R. N. B.Sc. NURSING**

The faculty of the Department of Nursing believes that nursing is a science and an art. Professional Nursing is a holistic and humanistic discipline that draws its knowledge, theory, and research base from behavioral, natural, and nursing sciences. Nursing is a caring, interpersonal process of health promoting interactions. The practice of nursing centers on human behaviors and responses to actual and potential health needs. Nursing is both an independent and interdependent practice utilizing collaboration to promote health. Nursing practice transcends cultural and national boundaries and thus evolves according to the health needs of global society.

The faculty believes that nursing makes a significant contribution to improving the health of society. We define health as the optimal level of functioning for individuals, families, groups, and communities. Health values are influenced by personal, spiritual, cultural, and societal beliefs. Health is a dynamic process which involves the interaction of individuals, families, and groups with their environments.

Human Beings are the focus of nursing concerns. People are multi-dimensional beings, having personal worth and dignity. Individuals are unique, make choices, and evolve over time. A person's presence in the world carries with it rights and responsibilities for self and others.

The faculty believes that nursing education is based on research and theory directed toward addressing the health needs of society. Professional education in nursing rests on a substantial foundation in the liberal arts and sciences and integrates knowledge from these disciplines into nursing organized body of knowledge. We believe involvement in the academic community offers enrichment and diversity for students and faculty. Professional nursing education is designed to prepare its graduates to be responsible and accountable for critical thinking and decision-making within the health care system. Nursing education also emphasizes skills in collaboration and shared decision-making with clients and other health care providers. Nursing education assumes that teachers and students are collaborators in the teaching and learning process. Students bring their own life experiences, which enrich the learning atmosphere. We believe that education is a life-long process of personal and professional development.

## **3. VISION**

To educate nurses to provide exemplary nursing care appropriate to the needs of urban and rural populations in hospitals and communities of Pakistan.

## **4. MISSION STATEMENT**

- We are committed to provide services for patients requiring highly specialized and unique Nursing Care.
- Recognize that our future success is dependent upon developing and utilizing our most important asset – people. Toward that end, we will provide and environment for professional employee growth.
- Work cooperatively with physicians and other health care providers to improve the standards of health care delivery in our community.

- Research should be fostered to the extent possible and should follow acceptable guidelines for protection of human subjects.
- We are the leaders in health care in this community. We believe in supporting laws and regulations and in working to make changes that benefit our mission.
- Our staff has responsibility to serve their Institution with total commitment to our philosophy, goals, policies, and procedures to assure a successful organization.
- Provide a dynamic and innovative setting for clinical experiences and quality education of health care professionals.
- Continuing education is essential to competence of staff. Professional growth and development is both a personal and organizational responsibility.

## 5. OBJECTIVES

The 2 year Post R. N. B.Sc. Nursing course is intended to:

- a- Utilize the nursing process and critical thinking to provide safe, competent, holistic and evidence - based nursing care to patients/clients in variety of settings.
- b- Demonstrate as a catalyst in nursing education, practice and research.
- c- Develop leadership skills to coordinate in health care system for individuals, families and communities.

## 6. TERMINAL PROGRAM OBJECTIVES

Upon completion of the 02 years B.Sc. Nursing Program, the Graduate will be able to:

1. Utilize cognitive, psychomotor and affective abilities derived from the humanities and the natural, behavioral and nursing sciences to provide nursing care to individuals, families, groups, and communities.
2. Utilize the nursing process to deliver safe and effective nursing care for an individual, family, group and community at primary, secondary, and tertiary levels.
  - a. Assess the ability to meet basic needs and to accomplish the activities of daily living.
  - b. Formulate a nursing diagnosis in relation to basic human.
  - c. Prioritize multiple diagnoses.
  - d. Develop an individualized nursing care.
  - e. Implement the plan of care.
  - f. Evaluate the response of nursing intervention and the effect of the intervention and revise the care plan as needed.

3. Evaluate the effectiveness of the techniques and principles of communication and counseling strategies in working with individuals, families, groups, communities, and significant others as well as members of the health care team.
4. Assume responsibility for implementation of ethical, legal, socio-cultural and professional standards in the provision of nursing care.
5. Evaluate the effectiveness of health teaching to promote health, maintain well being and prevent illness in individuals, families, groups and communities.
6. Demonstrate an awareness of the role of research in nursing practice and support the research activities of others.
7. Utilize evidence – based practice in providing care to the client in health care settings.
8. Apply policies and procedures related to the economical use of supplies and equipment in the health care delivery system.
9. Evaluate own personal and professional growth and development.

## **7. DEFINITION OF NURSING**

“Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles”. **(ICN)**

## 8. 2 Year Post R.N. B.Sc. Nursing Course of Study- UHS

1 <sup>st</sup> Professional		2 <sup>nd</sup> Professional	
Sr #	Year I	Sr #	Year II
1.	Basic & Applied Sciences - Biochemistry - Physics - Microbiology	1.	<b>Mental Health Nursing</b>
2.	<b>Global Health</b> - Trends and issues in nursing Nursing Ethics	2.	<b>Nursing Management</b> - Leadership and Management - Professional Development
3.	<b>Advanced Concepts in Nursing</b> - Health Assessment - Pathophysiology - Advance Concept in Clinical Nursing	3.	<b>Community Health</b> - Community Health Nursing - Reproductive Health - Applied Nutrition
4.	<b>Research</b> - Biostatistics - Nursing Research	4.	<b>Clinical Practicum (Elective)</b> i- Education ii- Management iii- Pediatric nursing iv- Critical Nursing v- Accident & emergency nursing vi- Operation theatre nursing vii- Community health nursing viii- Mental health nursing ix- Dental health nursing
5.	<b>Teaching &amp; Learning</b> - Classroom teaching & evaluation Clinical teaching and evaluation	5.	<b>Communication Skills</b>
6.	<b>Computer Skills</b>	6.	<b>Self Directed Study</b>
7.	<b>Communication Skill (English)</b>		
8.	<b>Self Directed Learning</b>		

### 9. STRUCTURE OF THE PROGRAM

The program has an annual system and is in line with the Pakistan Nursing Council requirements. It has both, theoretical and clinical Nursing practice components. These theoretical and clinical hours are distributed throughout the 2 years of study.

The program includes a wide range of courses which reflect the contemporary knowledge base of professional Nursing practice. The program is also designed to accord with the wider professional development of specialist and higher levels of practice currently being established by the Pakistan Nursing Council.

Study at this level is streamed into a variety of flexible pathways. Each pathway reflects areas of special clinical or theoretical interest. This means the program will be of benefit to applicants from a wide range of clinical backgrounds and Post R. N.

B.Sc. Nursing students will be guided to pathways and profiles through elective practicum & course work that best meet their needs.

The course implementation takes place at College of Nursing, Schools of Nursing, and such institutions affiliated with the University of Health Sciences, Lahore.

## **10. COURSE DURATION**

This is a 2 years program. The course can be taken over a minimum 2 years full-time study and the candidate must complete the degree within the maximum time of 5 years.

## **11. TEACHING AND LEARNING**

This Post R. N. B.Sc. Nursing course is centered on pedagogy where the participants have the opportunities for self-directed learning and self-assessment. Course evaluation will be done by peer review. The coordinator/instructors/lecturers will act as facilitators and guide to the educational experience.

Taught component of course will consist of participatory learning methods such as interactive lectures, seminars, simulation exercises, work shops, presentations and field visit with an overall ratio of formal contact to self-directed study.

A range of student-centered learning and teaching strategies are employed, including:

- Lectures and tutorials
- Directed reading / learning
- Group work
- Problem solving exercises
- Debates
- Seminar presentations
- Case-studies

It is expected that Post R. N. B.Sc. Nursing students will develop increasing responsibility for learning as the program progresses.

## RESOURCES

- **HUMAN RESOURCE**

- Program Director
- Program Coordinator
- Faculty
  - Nursing
  - Information & Technology
  - English
  - Basic Sciences
- Librarian
- Science & Skill lab technicians

- **LOGISTIC & ADMINISTRATION STAFF**

- **TEACHING LEARNING RESOURCES**

- Skills Lab
- Computer lab with internet access
- English Language Lab
- Science Lab
- Library with latest nursing books / journals
- Multimedia

## 12. ASSESSMENT / EVALUATION

Assessment is the process of evaluation that how much objectives have been achieved by each candidates as well as teachers, and what learning and teaching strategies will be planed and implemented in future.

### a) PURPOSE OF ASSESSMENT

The assessment in the Post R. N B.Sc. Nursing degree program curriculum is designed to enable the candidates to:

- Participate and communicate effectively in multi disciplinary team in various role such as nurse manager, teacher, in variety of clinical setting.
- Assess her personal progress by using various method of self-assessment.
- Identify personal needs and actively strive for the relevant learning opportunities.

The examination in the subjects will be taken as stated in statutes and regulations of 2 year Post R. N B.Sc. Nursing program shall be as follows.

Ten(10%) marks from continuous internal assessment shall be added to the final theory and practical examination score and the candidates shall pass in aggregate. It will be done through out the B.Sc. Nursing program by:



- Presentation
- Project writing
- Essays
- Seminars
- Case Studies
- Quiz
- Viva voce and practical

The external assessment shall carry 90 % marks (and will be distributed as stated in the statutes and regulation of 2 year post R.N B.Sc. Nursing degree Program) at the end of each year. The examination shall be as follows:

- M.C.Qs
- S.E.Qs
- Viva / Voce and Practical

### 13. QUALIFYING MARKS

50% in each course

### 14. GRADING

Grades will be awarded on the following basis:

Grade	Mark Band	Basic Description
<b>A</b>	80 - >	Excellent Standard / Distinction
<b>B</b>	70 - 79	High Standard
<b>C</b>	60 - 69	Good Standard/1 <sup>st</sup> Div
<b>D</b>	50 - 59	Satisfactory/Pass
<b>F</b>	< - 50	Fail

## 15. GENERAL REGULATIONS

- (a) An examination for the degree of 2-year Post R. N B.Sc. Nursing shall be held every year in affiliated University of Health Sciences at dates fixed by the vice chancellor on her recommendations of the Board of Studies.
- (b) The professional examination shall consist of 1<sup>st</sup> year, 2<sup>nd</sup> year for the Post R. N B.Sc. Nursing Degree Program.
- (c) A candidate who fails to pass in first year examination, three consecutive chances availed or un-availed after becoming eligible for first year examination shall cease to become eligible for further Post R. N B.Sc.. Nursing Degree Program.
- (d) A candidate who fails to pass second year examination, three consecutive chances availed or un-availed after becoming eligible for second year examination shall cease to become eligible for further Post R. N B.Sc. Nursing Degree Program.

## 16. ELIGIBILITY

Demonstrate qualities of communication, leadership along with interpersonal skills and a commitment to the development of nursing profession. They must also have sufficient nursing knowledge and skills appropriate for study at the baccalaureate level. These qualities are evaluated through admission test, interview and letters of references (one from employer, one from parent educational institution and one from any other post basic diploma institution).

- \* Diploma in General nursing registered with Pakistan Nursing Council.
- \* Diploma in Midwifery/for male nurses 1 year specialized course registered with Pakistan Nursing Council.
- \* Minimum of 02 years experience along with Good ACR's/ Performance Appraisal.
- \* Medical fitness certificate from any certified institution.
- \* Age limit & gender not applicable.

## 17. ACADEMIC REGULATIONS

Students shall register with the **University of Health Sciences, Lahore** to undertake this degree studies once the following admission criteria, and the Regulations for Admission to Degree Courses have been fulfilled as prescribed by University.

A student will successfully complete the required studies of each year.

In order to qualify for the degree, students must:

1. Have satisfied the examination requirements;
2. Have successfully completed an approved course of study, practical and clinical work
3. Have fulfilled all the requirements of **Pakistan Nursing Council and University of Health Sciences, Lahore.**
4. Have obtained 85% attendance in theory and 90% in clinical work.

## **18. CLINICAL PLACEMENT**

The aim of clinical placement is to provide the students the opportunity to explore the core knowledge, attitudes and skills that are essential pre-requisite for understanding the complex nature of holistic and effective care and implementation of evidence based practice with the understanding the implication of multi-disciplinary approach.

## **19. AWARD OF DEGREE**

The degree of Bachelor of Science in Nursing will be awarded to successful candidates as per University policy.

## **20. VACATION / HOLIDAYS**

Post R. N. B.Sc. N student will be entitled to 4 weeks holiday at the end of each academic year.

## **21. REGISTRATION**

Each Post R. N. B.Sc. Nursing student must enroll with the University of Health Sciences, Lahore within two weeks of admission with regular fee. After two weeks the enrolment will be done with fine.

On successful completion of Post R. N. B.Sc. Nursing course, the student must update their profile with the Pakistan Nursing Council.

## **22. DUES**

Enrollment, Registration, Examination, Degree, Graduation etc, dues as notified by the respective Institution and University of Health Sciences, Lahore.





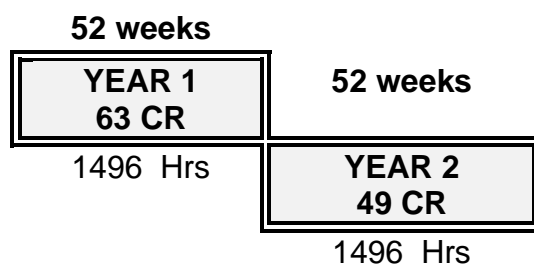
## UNIVERSITY OF HEALTH SCIENCES Post R. N. B.Sc. NURSING PROGRAMME

### 2 year COURSE:

1 Credit Theory	= 15 hours
1 Credit Practical /Lab	= 30 hours
1 Credit Clinical	= 45 hours

### TOTAL 52 WEEKS PER YEAR PROGRAM FOR 2 year COURSE

<b>EXAMINATIONS:</b>	=	<b>2 WEEKS</b>
<b>VACATIONS:</b>	=	<b>4 WEEKS</b>
<b>GAZETTED HOLIDAYS</b>	=	<b>2 WEEKS</b>
<b>STUDY:</b>	=	<b>44 WEEKS</b>
<b>TOTAL CREDIT:</b>	=	<b>88 IN 2 year</b>
<b>TOTAL HOURS:</b>	=	<b>1496</b>
<b>STUDY HRS PER WEEK</b>	=	<b>34</b>



Total 1496 study hours in one academic year  
 Including independent study and project development, in each year  
 Independent study included contact teaching and self directed learning etc.  
 Total 4 weeks Vacation in each Year



**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**

**1<sup>st</sup> Professional**

S #	Course Title	Credit Hours				Actual Teaching Hours			
		Theo	Lab	Clin.	Total	Theo	Lab	Clin	Total
1.	Basic & Applied Sciences								
	- Biochemistry	3	2	-	5	45	60	-	105
	- Physics	2	1	-	3	30	30	-	60
	- Microbiology	2	1	-	3	30	30	-	60
									225
2.	<b>Global Health</b>								
	- Trends and issues in nursing	3	1	-	4	45	30	-	75
	- Nursing Ethics	4	-	-	4	60	-	-	60
									135
3.	<b>Advanced Concepts in Nursing</b>								
	- Health Assessment	3	2	-	5	45	60	-	105
	- Pathophysiology	5	1	-	6	75	30	-	105
	- Advance Concept in Clinical Nursing	5	-	5	10	75	-	225	300
									510
4.	<b>Research</b>								
	- Biostatistics	3	2	-	5	45	60	-	105
	- Nursing Research	3	2	-	5	45	60	-	105
									210
5.	<b>Teaching &amp; Learning</b>								
	- Classroom teaching & evaluation	2	2	-	4	30	60	-	90
	- Clinical teaching and evaluation	2	2	-	4	30	60	-	90
									180
6.	<b>Computer Skills</b>	0	0	0	0	30	60	-	90
7.	<b>Communication Skill (English)</b>	6	-	-	6	90	-	-	90
8.	<b>Self Study</b>	-	-	-	-	-	-	-	56
<b>Total</b>		<b>38</b>	<b>12</b>	<b>10</b>	<b>60</b>	<b>525</b>	<b>420</b>	<b>450</b>	<b>1496</b>

**NOTE:**

\* Self directed learning will be done in small groups in form of tutorial with task assigned.



**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**

**2<sup>nd</sup> Professional**

S #	Course Title	Credit Hours				Actual Teaching Hours			
		Theo	Tut	Clin	Total	Theo	Lab	Clin	Total
1.	<b>Mental Health Nursing</b>	4	-	4	8	60	-	180	240
									240
2.	<b>Nursing Management</b>								
	- Leadership and Management	3	-	2	5	45	-	90	135
	- Professional Development	3	0	-	3	45	-	-	45
									180
3.	<b>Community Health</b>								
	- Community Health Nursing	3	-	4	7	45	-	180	225
	- Reproductive Health	2	-	-	2	30	-	-	30
	- Applied Nutrition	1	1	-	2	15	30	-	45
									300
4.	<b>Clinical Practicum (Elective)</b>								
	x- Education								
	xi- Management								
	xii- Paediatric nursing								
	xiii- Critical Nursing								
	xiv- Accident & emergency nursing	5	-	13	18	75	-	585	660
	xv- Operation theatre nursing								
	xvi- Community health nursing								
	xvii- Mental health nursing								
	xviii- Dental health nursing								
5.	<b>Communication Skills</b>	4	-	-	4	60	-	-	60
6.	<b>Self Study</b>	-	-	-	-	-	-	-	56
<b>Total</b>		<b>25</b>	<b>01</b>	<b>23</b>	<b>49</b>	<b>375</b>	<b>30</b>	<b>1035</b>	<b>1496</b>

**NOTE:**

\* Self directed learning will be done in small groups in form of tutorial with task assigned.

## UNIVERSITY OF HEALTH SCIENCES Post R. N. B.Sc. NURSING PROGRAMME

<b>Course</b>	<b>Basic &amp; Applied Sciences (Bio Chemistry)</b>	
<b>Credit allocated</b>	Classroom:	03
	Laboratory:	02
	Clinical:	-
	Total:	05
<b>Placement in Curriculum:</b>	YEAR I	
<b>Pre-requisite:</b>	Basic applied Sciences	
<b>Co-requisite Course:</b>	Bio Chemistry	

### COURSE DESCRIPTION

This course is designed to provide the post R.N B.Sc. Nursing student with educational experience in basic chemistry. Selected topics for competent nursing care will be dealt with in the laboratory component which is included to provide opportunities for practical hands on science work.

### COURSE OBJECTIVES:

At the end of this course the student will be able to:

- Explain those concepts and principles of Basic Chemistry essential for the practice of nursing
- Demonstrate knowledge of scientific process skills, such as : observing inferring, classifying, measuring, communication and predicting.
- Use basic manipulative and handling skill required to do simple practical and investigative work in the lab.
- Show an appreciation of role played by science in understanding natural phenomena.

### COURSE CONTENT:

<b>UNIT-I</b>	<b>INTRODUCTION TO CHEMISTRY</b>
<b>UNIT-II</b>	<b>MATTER</b>
<b>UNIT-III</b>	<b>ELEMENT, MIXTURE AND COMPOUNDS</b>
<b>UNIT-IV</b>	<b>STRUCTURE OF ATOM</b>
<b>UNIT-V</b>	<b>WRITING CHEMICAL FORMULA</b>

## UNIVERSITY OF HEALTH SCIENCES



## Post R. N. B.Sc. NURSING PROGRAMME

<b>Course</b>	<b>Physics</b>	
<b>Credit allocated</b>	Classroom:	02
	Laboratory:	01
	Clinical:	-
	Total:	03
<b>Placement in Curriculum:</b>	YEAR I	
<b>Pre-requisite:</b>	Basic applied Sciences	
<b>Co-requisite Course:</b>	Physics	

### COURSE DESCRIPTION

This course is designed to provide the B.Sc. Nursing student with educational experiences in basic physics required for the better understanding of the principles of nursing. Selected topics essential for nursing will be included. A small laboratory component is included to provide opportunities for practical hands on science work and to emphasize the interdependency of nursing with pure sciences.

### **COURSE OBJECTIVES:**

At the end of this course the student will be able to:

- Explain those concepts and principles of physics essential for the practice of nursing
- Demonstrate knowledge of scientific process skills, such as: observing, inferring, classifying, measuring, communication and predicting
- Show an appreciation of role-played by science in understanding natural phenomena and their role in nursing.

### **COURSE CONTENT**

<b>UNIT-I</b>	<b>INTRODUCTION TO PHYSICS</b>
<b>UNIT-II</b>	<b>MEASUREMENTS</b>
<b>UNIT-III</b>	<b>MOTION AND FORCE</b>
<b>UNIT-IV</b>	<b>GRAVITY AND STABILITY</b>
<b>UNIT-V</b>	<b>WORK, POWER AND ENERGY</b>

## UNIVERSITY OF HEALTH SCIENCES B.Sc. NURSING PROGRAMME

<b>Course</b>	<b>Microbiology</b>	
<b>Credit allocated</b>	Classroom:	02
	Laboratory:	01
	Clinical:	-
	Total:	03
<b>Placement in Curriculum:</b>	Year –I	
<b>Co-requisite Course:</b>	Fundamentals of Nursing, Anatomy and Physiology	

### Course Description

1. This course will introduce the students to the theory and practice of microbiology and parasitology. This course begins with the history and classification of microorganisms and their interaction with human. The spread, control and treatment of infectious diseases. The students will also study etiology, transmissions, pathology, diagnosis and prevention of several diseases.

### Course Objectives

2. On completion of this course students will be able to: -
  - a. Discuss theories about the origin of life and development of microbiology and parasitology.
  - b. Understand the interrelationship between microorganisms and human, and their shared external environment, especially with relation to nursing profession.
  - c. Describe the classification of microorganisms and their characteristics and types within each of these groups.
  - d. Specify the different methods of sterilization and disinfection and the application of these in the hospital environment.
  - e. Explain how organisms overcome body defenses to cause diseases.
  - f. Identify the specific and nonspecific defenses used in protecting the body from infection and complete knowledge about normal flora.
  - g. Describe the mode of action of some commonly used antibiotics, anti fungal and anti-microbial drugs and how sensitivity tests are performed and interpreted in the laboratory.
  - h. Describe the transmission, epidemiological, control and prevention of infectious diseases.

### Topical Outline

Unit-I:	Introduction
Unit-II:	Beginning of life and science
Unit-III:	Microbes and health
Unit-IV:	Structural unit of life
Unit-V:	Human and microbial interactions
Unit-VI:	Microbial growth
Unit-VII:	Control of microbial growth
Unit-VIII:	Immunology
Unit-IX:	Microbial genetics

## UNIVERSITY OF HEALTH SCIENCES

### Post R. N. B.Sc. NURSING PROGRAMME

Course	Global Health (Trends & Issues in nursing)	
Credit allocated	Classroom:	03
	Laboratory:	01
	Clinical:	-
	Total:	04
Placement in Curriculum:	YEAR I	

#### 1. Course Description

This course is designed to provide an introduction to the health delivery system world wide. It also provides an opportunity to explore a variety of issues relevant to nursing profession. It assists the nurse in understanding of her ethical and legal responsibilities toward the patient, co-workers and the community. Special consideration is given to her role as an active participant in her professional organization. The understanding of current trends and selected major issues confronting the profession of nursing nationally and internationally are also emphasized.

#### 2. Course Objectives

On completion of this course students will be able to:-

- a. Analyze their own personal leadership/management traits and skills and compare them to the theories and processes discussed.
- b. Critique the professional nurses' leadership in guiding a diverse nursing care team
- c. Practice basic methods and utilizing tools for effective quality management.
- d. Explore ethical concerns, conflicts and the uses and abuses of power in Nursing leadership and management.
- e. Analyze the interactive relationship between changes in the continuum of care and the reorganization of the Health care delivery system
- f. Discuss the impact of the Health care system on Nursing

- g. Integrate knowledge of health care resources, access, and financing into managing professional nursing care.
- h. Identify current trends and issues relevant to nursing in Pakistan
- i. Analyze a variety of issues related to nursing profession in Pakistan
- j. Increase sensitivity to trends & issues influencing nurses and nursing leaders in development of nursing profession
- k. Analyze the relationship between accountability and liability for one's actions in professional nursing practice
- l. Outline the essential elements that must be substantiated to prove a claim of negligence or malpractice.
- m. Differentiate the roles of members of the trans-disciplinary healthcare team.
- n. Analyze the elements to consider when deciding on a nursing position and trends in health delivery that effect nursing employment

### 3. Topical Outline

Unit-I:	Health care delivery system
Unit-II:	Trans-disciplinary health care
Unit-III:	Economic issues in health care
Unit-IV:	Informatics and clinical system
Unit-V:	Ethics
Unit-VI:	Issues in nursing & health care
Unit-XVII:	Cultural competency & social issues in nursing & health care
Unit-XVIII:	Political issues in nursing & health care
Unit-XIX:	Nursing organizations
Unit-XX:	Nursing image
Unit-XXI:	Career opportunities in nursing profession

## UNIVERSITY OF HEALTH SCIENCES

### Post R. N. B.Sc. NURSING PROGRAMME

<b>Course</b>	<b>Nursing Ethics (in the context of Islam)</b> <b>(for non Muslim)</b>	
<b>Credit allocated</b>	Classroom:	04
	Laboratory:	-
	Clinical:	-
	Total:	04
<b>Placement in Curriculum:</b>	YEAR I	
<b>Pre-requisite:</b>	Global Health, Trends & Issues in Nursing	
<b>Co-requisite Course:</b>	Nursing Ethics	

#### **COURSE DESCRIPTION:**

This course of Islamiyat (Islamic study) included in the BSc Nursing curriculum has four components.

- In the first part, the course explore the morel teaching of the Holy Quran and the Holy Prophet (Peace Be Upon Him).
- The second part, deal with the fundamental believes called the pillars of Islam
- The third part describes the exemplary character of the Holy Prophet (Peace Be Upon Him)
- The fourth part describes the moral values of Islam. The virtues describes as written in the teachings of Islam

#### **Nursing Ethics:**

This is a lecture course which introduces the students to the development of nursing in Pakistan and the world.

## UNIVERSITY OF HEALTH SCIENCES

### Post R. N. B.Sc. NURSING PROGRAMME

Course	Advance Concept in Nursing. Health Assessment	
<b>Credit allocated</b>	Classroom:	03
	Laboratory:	02
	Clinical:	-
	Total:	05
<b>Placement in Curriculum:</b>	YEAR I	
<b>Pre-requisite:</b>	Fundamental of Nursing	
<b>Co-requisite Course:</b>	Advance Concept in Nursing	

#### **COURSE DESCRIPTION:**

This course is intended to give an introduction to the theory and practice required for the assessment of patients of different ages suffering from various diseases. The course emphasizes history taking and physical examination skills through theory and practice to enhance nurses skills for systematic assessment of health status of a patient by collecting data through appropriate history taking and interview skills.

#### **COURSE OBJECTIVES:**

- By the completion of this course, students will be able to:
- Obtain a systematic approach to health assessment of an individual and a complete history using interviewing skills appropriately.
  - Apply appropriate observational and examination techniques for the assessment of various systems of body.
  - Distinguish between normal and abnormal findings of assessment.
  - Document collected information properly.
  - Incorporate knowledge & skills of health assessment in different nursing practice skills.
  - Use knowledge of anatomy & physiology, human developmental stages & social sciences in assessment and analysis of collected data.

## COURSE CONTENTS

<b>UNIT-I</b>	<b>INTRODUCTION TO HEALTH ASSESSMENT CONCEPTS</b>
<b>UNIT-II</b>	<b>INTERVIEWING SKILLS &amp; HEALTH HISTORY</b>
<b>UNIT-III</b>	<b>PHYSICAL EXAMINATION &amp; GENERAL SURVEY</b>
<b>UNIT-IV</b>	<b>NUTRITION METABOLIC PATTERN ASSESSMENT</b>
<b>UNIT-V</b>	<b>ELIMINATION PATTERN</b>
<b>UNIT-VI</b>	<b>ACTIVITY EXERCISE PATTERN</b>
<b>UNIT-VII</b>	<b>SEXUALITY REPRODUCTIVE PATTERN</b>
<b>UNIT-VIII</b>	<b>COGNITIVE PERCEPTUAL PATTERN</b>
<b>UNIT-IX</b>	<b>INTRODUCTION TO HEALTH ASSESSMENT CONCEPTS</b>
<b>UNIT-X</b>	<b>INTERVIEWING SKILLS AND HEALTH HISTORY</b>
<b>UNIT-XI</b>	<b>EXAMINATION (PE) TECHNIQUE AND THE GENERAL SURVEY</b>
<b>UNIT-XII</b>	<b>ASSESSMENT OF THE SKIN, HEAD &amp; NECK</b>
<b>UNIT-XIII</b>	<b>ASSESSMENT OF NOSE, MOUTH &amp; PHARYNX</b>
<b>UNIT- XIV</b>	<b>ASSESSMENT OF THE ABDOMEN, ANUS &amp; RECTUM</b>
<b>UNIT- XV</b>	<b>ASSESSMENT OF THE EXTREMITIES, PERIPHERIES AND MUSCULO SKELETAL SYSTEM</b>
<b>UNIT- XVI</b>	<b>ASSESSMENT OF THORAX AND LUNGS</b>
<b>UNIT- XVII</b>	<b>ASSESSMENT OF CARDIO VASCULAR SYSTEM</b>
<b>UNIT- XVIII</b>	<b>ASSESSMENT OF THE BREAST AXILLA AND GENITALIA</b>
<b>UNIT- XIX</b>	<b>ASSESSMENT OF THE EYES, &amp; EARS.</b>
<b>UNIT-XX</b>	<b>ASSESSMENT OF THE MENTAL, STATUS AND SENSORY NEURO SYSTEM.</b>

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**

Course	Pathophysiology	
Credit allocated	Classroom:	05
	Laboratory:	01
	Clinical:	-
	Total:	06
Placement in Curriculum:	YEAR I	
Pre-requisite:	Health Assessment & Pathophysiology	
Co-requisite Course:	Advance Concept in Nursing	

### **COURSE DESCRIPTION**

This course is focus on identifying individual and family nursing problems and predicating the compensatory, adaptive and behavioral responses to stressful events. The nursing process approach to the management of biopsychosocial problems is stressed. Gordon's functional health patterns is the framework used.

### **COURSE OBJECTIVES:**

On the completion of this course the learner will:

- Analyze critically, the assessment data of the patient incorporating physical, psychological, social, emotional and spiritual aspects of care.
- Develop health promotion strategies for patients and families.
- Relate normal and altered physiological concepts to patient care in clinical setting and tutorials.
- Apply a variety of concepts and theories to the care of individuals and families, using the nursing process and Gordon's functional health pattern as the framework.
- Demonstrate professional accountability and responsibility in clinical practice.

### **CONTENTS**

1. Patient In shock/sepsis.
2. Patient With cancer.
3. Patient With diabetes mellitus.
4. Patient With cirrhotic liver.
5. Patient With fluid electrolyte burn.
6. Renal failure
7. Patient With CVA.
8. Patient With heart failure.
9. Patient With rheumatoid arthritis.
10. Patient With AIDS.



## UNIVERSITY OF HEALTH SCIENCES

### Post R. N. B.Sc. NURSING PROGRAMME

<b>Course</b>	<b>Advance Concepts in Critical Nursing</b>	
<b>Credit allocated</b>	Classroom:	05
	Laboratory:	-
	Clinical:	05
	Total:	10
<b>Placement in Curriculum:</b>	YEAR I	
<b>Pre-requisite:</b>	Advance concept in Nursing	

#### 1. Course Description

This course will assist the students in recognizing the effects of disease process leading to alteration in normal functioning of the body. Emphasis is placed on effective utilization of nursing process to assess and assist client to return to optimum level of wellness. Gordan's functional health pattern will be utilized as a tool for assessment. Planned, supervised, and guided experience is provided to students in variety of clinical settings.

#### 2. Course Objectives

By the end of the course students will:-

- a. Identify nursing interventions specifically with human responses to life threatening problems.
- b. Have concepts of aberrant cell growth
- c. Discuss restrictive respiratory disorders and their management
- d. Understand significance of fluid and electrolytes balance in maintaining homeostasis in the body.
- e. Discuss the nursing care for the necessary management of patient with acid base imbalance.
- f. Understand social, cultural physical and psychological aspects of sexual violence on womanhood.
- g. Identify the role of nurse in the care of client with terminal illness

#### 3. Topical Outline

Unit-I:	Introduction to Critical Care Nursing
Unit-II:	Introduction to Aberrant cell growth
Unit-III:	Restrictive Respiratory Tract Disorders
Unit-IV:	Fluid/Electrolyte imbalance
Unit-V:	Acid Base imbalance
Unit-VI:	Care of client with Psychosocial Dilemmas
Unit-VII:	Care of client encountering Sexual Violence

## UNIVERSITY OF HEALTH SCIENCES

### Post R. N. B.Sc. NURSING PROGRAMME

Course	Research	
	Bio Statistics	
<b>Credit allocated</b>	Classroom:	03
	Laboratory:	02
	Clinical:	-
	Total:	05
<b>Placement in Curriculum:</b>	Year –I	
<b>Pre-requisite:</b>	Mathematics	
<b>Co-requisite Course:</b>	Community Health Nursing, Research in Nursing	

#### 1. Course Description

The course is designed to introduce statistical principles and their application to qualitative and quantitative research in health services and to provide students knowledge and skills to present, analyze data and make an inference about a given population.

#### 2. Course objectives

By the completion of this course students will be able to: -

- a. Define various statistical terms.
- b. Understand uses and importance of biostatistics
- c. Describe the various statistical principles and methods used in health sciences.
- d. Describe the use of statistics in research studies.
- e. Explain the rules of descriptive and inferential statistics in data analysis.
- f. Arrange data and its computation.
- g. Compute statistical results.
- h. Critique the use of statistical measure for selected studies.

#### 3. Topical Outline

Unit-I:	Introduction to Biostatistics
Unit-II:	Scales of measurement
Unit-III:	Measures of central tendency
Unit-IV:	Types of error
Unit-V:	Hypothesis
Unit-VI:	Making inference from data

## UNIVERSITY OF HEALTH SCIENCES

### Post R. N. B.Sc. NURSING PROGRAMME

Course	Nursing Research	
Credit allocated	Classroom:	03
	Laboratory:	02
	Clinical:	-
	Total:	05
Placement in Curriculum:	YEAR II	
Pre-requisite:	Bio-Statistics	
Co-requisite Course:	Community Health Nursing	

#### 1. Course description

This course introduces the student to the steps of the research process, the ethical issues involved in the conduct of research, and the communication of the findings of research. The importance of research in the development of nursing as a profession is emphasized. The student is prepared to summarize a nursing research study taken from the nursing literature.

#### 2. Course Objectives

At the end of this course the student will be able to:-

- a. Explain the importance of research for nursing practice
- b. Describe each of the steps of the research process
- c. Discuss the ethical aspect of research and the nurse researcher's responsibilities
- d. Discuss the methods of communication of research
- e. Summarize a research study in a written form

#### 3. Topical Outline

Unit-I:	The Research Process
Unit-II:	The background Steps of Research
Unit-III:	Plan for the Research
Unit-IV:	Implementation of Research
Unit-V:	Analysis of Research Findings
Unit-VI:	Communication of Research

#### 4. Teaching Strategies

- Lectures
- Group discussions
- small group activities

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**

Course	Teaching & Learning	
	Class Room Teaching & Evaluation	
<b>Credit allocated</b>	Classroom:	02
	Laboratory:	02
	Clinical:	-
	Total:	04
<b>Placement in Curriculum:</b>	YEAR I	
<b>Pre-requisite:</b>	Teaching & Learning	
<b>Co-requisite Course:</b>	Teaching Learning	

**COURSE DESCRIPTION:**

This course emphasizes teaching as a profession and is designed to enable the student teacher to become familiar with teaching techniques. Time will be given to the actual demonstration and practice of various teaching methods and actual hands on use of audiovisual aids. The students will be given an opportunity to create their own audio-visual aids.

**COURSE OBJECTIVES:**

At the end of this course the student will be able to:

- Identify characteristics of good teaching.
- Assess the practice of teaching as a profession
- Discuss the advantages and disadvantages of a variety of teaching methods
- Assess the practice of a variety of teaching methods by observing selected role models
- Develop and use selected audio visual aids
- Practice utilizing teaching methods of their choice and obtain feedback from their peers

**Topic Outline:**

<b>UNIT – I</b>	<b>THE PRACTICE OF TEACHING.</b>
<b>UNIT – II</b>	<b>THE LECTURE METHOD</b>
<b>UNIT – III</b>	<b>THE INQUIRY METHOD</b>
<b>UNIT – IV</b>	<b>THE DISCUSSION METHOD</b>
<b>UNIT – V</b>	<b>THE CASE STUDY METHOD</b>
<b>UNIT – VI</b>	<b>THE USE OF AUDIO-VISUAL AIDS</b>
<b>UNIT – VII</b>	<b>THE SELF DIRECTED LEARNING METHOD</b>
<b>UNIT – VIII</b>	<b>ROLE MODELS</b>
<b>UNIT – IX</b>	<b>CLASS ROOM PRACTICE SESSION</b>

## UNIVERSITY OF HEALTH SCIENCES Post R. N. B.Sc. NURSING PROGRAMME

<b>Course</b>	<b>Clinical Teaching &amp; Evaluation.</b>	
<b>Credit allocated</b>	Classroom:	02
	Laboratory:	02
	Clinical:	-
	Total:	04
<b>Placement in Curriculum:</b>	YEAR I	
<b>Pre-requisite:</b>	Teaching & Learning	
<b>Co-requisite Course:</b>	Teaching Learning	

### **COURSE DESCRIPTION:**

This course will prepare the student to perform the role of evaluator of student learning in the classroom. The following areas will be discussed: the purposes of evaluation, elements of test construction, constructing test items, issues in grading, use of statistics in evaluation, test scoring and interpretation of grads.

### **Course objectives:**

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

- Describe the purposes and uses of evaluation in improving instruction.
- Define the four types of test
- Describe the difference between formative and summative evaluation
- Construct both objective and subjective tests according to course objectives
- Develop appropriate grading schemes for test
- Determine and correct problems with multiple-choice questions using statistical information
- Apply the standard rules in constructing multiple-choice questions
- Develop a format for peer evaluation
- Introduce elementary statistical competition in measuring achievement
- Introduce the elements of assessment and measurement of learning outcomes.

### **Topic Outline:**

<b>UNIT – I</b>	<b>THE ROLE OF EVALUATION IN TEACHING.</b>
<b>UNIT – II</b>	<b>TEST CONSTRUCTION</b>
<b>UNIT – III</b>	<b>PEER APPRAISAL AND SELF - REPORTS</b>
<b>UNIT – IV</b>	<b>MEASUREMENT</b>
<b>UNIT – V</b>	<b>INTERPRETING SCORES.</b>
<b>UNIT – VI</b>	<b>PROFESSIONAL ISSUES IN EVALUATING STUDENT ACHIEVEMENT.</b>

## UNIVERSITY OF HEALTH SCIENCES Post R. N. B.Sc. NURSING PROGRAMME

Course	Computer Skills	
Credit allocated	Classroom:	02
	Laboratory:	02
	Clinical:	-
	Total:	04
Placement in Curriculum:	YEAR I	
Pre-requisite:	Fundamental of Nursing and Bio chemistry	
Co-requisite Course:	Community Health Nursing	

### COURSE DESCRIPTION:

This course focuses on the basic concepts as well as some technical details. It serves as an introduction to the world of computers and is intended for the students to acquire beginning skills and office automation tools along with computer application used in nursing.

### COURSE OBJECTIVES:

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

- Discuss major components of computer system
- Apply the activities used in the data processing/
- Explain various computer applications used in nursing & medical sciences.
- Demonstrate safe use of computer in the lab & practice area.

### Topic Outline:

<b>UNIT – I</b>	<b>INTRODUCTION TO COMPUTERS</b>
<b>UNIT –II</b>	<b>OFFICE AUTOMATION TOOLS:</b>
<b>Unit – III</b>	<b>INTERNET USAGE</b>
<b>UNIT – IV</b>	<b>COMPUTER APPLICATION IN NURSING</b>

## UNIVERSITY OF HEALTH SCIENCES B.Sc. NURSING PROGRAMME

<b>Course</b>	<b>English-I</b>	
<b>Credit allocated</b>	Classroom:	06
	Laboratory:	01
	Clinical:	-
	Total:	07
<b>Placement in Curriculum:</b>	Year –I	
<b>Co-requisite Course:</b>	Introduction to information Technology, Fundamentals of Nursing	

### Course Description

1. This course is developed to improve students, understanding of grammatically correct use of English. It will also help the students to improve basic skills in the areas of listening, speaking, reading and writing.
2. This course will help the students in enhancing their self directed learning strategies by improving their reading and writing skills.

### Course Objectives

3. At the end of this course the student will be able to:
  - a. Converse in English language on topics of general interest
  - b. Express coherently in writing
  - c. Give description about self and others
  - d. Basic understanding of grammatical items and develop appropriate use of nouns, pronouns, verbs, adverbs, adjectives preposition , Conjunctions / inter-junctions, Tenses, and articles
  - e. To read, write and pronounce correct English
  - f. To improve their contextual approach in writing
  - g. To enhance their grammatical skills in direct and indirect speech
  - h. Select appropriate reading material
  - j. Deduct meaning from context.
  - k. Extract theme of given passage.
  - l. Read and comprehend complex texts.
  - m. Prepare notes from lectures and use different ways of note taking.

### 3. Topical Outline

Unit-I:	Word Building
Unit-II:	Words and their application
Unit-III:	Sentence building
Unit-IV:	Conversation
Unit-V:	Tenses
Unit-VI:	Idiomatic expression
Unit-VII:	Active and passive voice
Unit-VIII:	Direct and indirect speech
Unit-IX:	Dialogue writing
Unit-X:	Paragraph writing
Unit-XI:	Selective reading material
Unit-XII:	Contextual meaning
Unit-XIII:	Comprehension identifying main idea
Unit-XIV:	Summaries
Unit-XV:	Taking note's strategies
Unit-XVI:	Abbreviations and symbols
Unit-XVII:	Signal words and sentence making





**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**

**2<sup>nd</sup> Professional**

S #	Course Title	Credit Hours				Actual Teaching Hours			
		Theo	Tut	Clin	Total	Theo	Lab	Clin	Total
1.	<b>Mental Health Nursing</b>	4	-	4	8	60	-	180	240
									240
2.	<b>Nursing Management</b>								
	- Leadership and Management	3	-	2	5	45	-	90	135
	- Professional Development	3	0	-	3	45	-	-	45
									180
3.	<b>Community Health</b>								
	- Community Health Nursing	3	-	4	7	45	-	180	225
	- Reproductive Health	2	-	-	2	30	-	-	30
	- Applied Nutrition	1	1	-	2	15	30	-	45
									300
4.	<b>Clinical Practicum (Elective)</b>								
	xix- Education								
	XX- Management								
	xxi- Paediatric nursing								
	xxii- Critical Nursing								
	xxiii- Accident & emergency nursing	5	-	13	18	75	-	585	660
	xxiv- Operation theatre nursing								
	xxv- Community health nursing								
	xxvi- Mental health nursing								
	xxvii- Dental health nursing								
5.	<b>Communication Skills</b>	4	-	-	4	60	-	-	60
6.	<b>Self Study</b>	-	-	-	-	-	-	-	56
<b>Total</b>		<b>25</b>	<b>01</b>	<b>23</b>	<b>49</b>	<b>375</b>	<b>30</b>	<b>1035</b>	<b>1496</b>

**NOTE:**

\* Self directed learning will be done in small groups in form of tutorial with task assigned.

## UNIVERSITY OF HEALTH SCIENCES Post R. N. B.Sc. NURSING PROGRAMME

Course	Mental Health Nursing	
Credit allocated	Classroom:	04
	Laboratory:	-
	Clinical:	04
	Total:	08
Placement in Curriculum:	Year –II	
Pre-requisite:	Psycho social sciences, Community Health Nursing	
Co-requisite Course:	Advance Adult Health Nursing	

### 1. Course Description

This course introduces the student to the concepts of mental health and mental illnesses, the various concepts of psychiatric nursing and its development in general and in Pakistan in particular. They will also be introduced to the role of psychiatric nurse within the multi disciplinary team, the nursing care of mental disorders, and special topics in psychiatric nursing such as community, mental health, psychiatric emergencies and rehabilitation.

The course further emphasizes the psychiatric treatment (social, psychological, chemical, physical and behavioral) and diagnostic measures like EEG and psychometry. The student's analytical skills are developed through utilizing the nursing process in caring for the psychiatric clients. Legal aspects of psychiatry and mental health concepts are also addressed in this course.

### 2. Course Objectives

- a. Utilize the nursing process in providing a safe and effective care to patients with mental health alterations
- b. Assess the patients mental state in relation to the signs and symptoms presented.
- c. Formulate the nursing diagnosis
- d. Plan the nursing care for managing the patients symptoms
- e. Evaluate the effectiveness of the nursing care plan by monitoring the patients condition and progress
- f. Utilize the knowledge of the available psychiatric services in Pakistan to provide guidance to patients and families about the various resources for psychiatric services including referral for treatment and rehabilitation
- g. Demonstrate problem solving skills by carrying out an individual patient case study under supervised clinical teaching

- h. Adhere to the policies and procedures followed in the hospital in dealing with problems related to mentally ill patients
- i. Demonstrate awareness of the legal aspects of psychiatry and the ethical dilemmas in psychiatric nursing
- j. Demonstrate team spirit in working with groups
- k. Utilize information of mental health for own personal development

### 3. Topical Outline

Unit-I:	Introduction to Mental Health Nursing
Unit-II:	Mental Health and Illness
Unit-III:	Nursing Process and Psychiatric patients
Unit-IV:	The Role of the Psychiatric Nurse
Unit-V:	Psychiatric Treatment
Unit VI	- Therapeutic Nurse – Patient relation ship
Unit VII	Psychiatric Nursing Care Plans
Unit-VIII:	Child Psychology
Unit-IX:	Mental Defense Mechanism
Unit-X:	Drug addiction and drug abuse
Unit-XI:	Psychosomatic Disorders
Unit-XII:	Personality Disorders and Psychopathy
Unit-XIII:	Psychiatric Liaison Nursing
Unit-XIV:	Legal and Ethical aspects of Psychiatric Care
Unit-XV:	Human Sexuality

## UNIVERSITY OF HEALTH SCIENCES Post R. N. B.Sc. NURSING PROGRAMME

Course	Nursing Management (Leadership & Management)	
<b>Credit allocated:</b>	Classroom:	03
	Laboratory:	-
	Clinical:	02
	Total:	05
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Nursing Research	
<b>Co-requisite Course:</b>	Global Health	

### 1. Course Description

This course introduces the students to the basic concepts and principles of leadership and Management in a progressive health care system that fosters positive, creative and caring environment. The emphasis of this course is on understanding the critical responsibilities of the first line nurse manager in assuring environment conducive to quality of care and team work. Part of the course involves an analysis of planning, organizing, directing, and controlling as important stages in the management process that fosters the delivery of quality care in the most efficient and effective manner, and within social, legal economical, and technological context. Students will be required to integrate managerial concepts and skills during their Comprehensive Clinical practicum.

### 2. Course Objectives

- a. Demonstrate effective leadership and management skills at the level of first line management through utilization of critical and creative thinking, and problem solving approaches.
- b. Describe the scope, responsibilities and standard of practice related to the first line management within the framework of health care system.
- c. Apply effective communication strategies, human relation, and group dynamics, necessary for leadership and effective membership in the health team and society.
- d. Apply the principles of quality management to create environment conducive to the provision of cost effective quality nursing care.
- e. Recognize one's ability for self development as a potential leader and change agent in the fast developing and changing profession, health care system, and society.
- f. Utilize creative approaches in planning and decision making based on relevant current information, statistics and research findings.

### 3. Topical Outline

Unit-I:	Introduction to Nursing Management
Unit-II:	The Nature of Organization in Health Care Setting
Unit-III:	Management theories, organization structure and culture.
Unit-IV:	Management process
Unit-V:	Leadership Theories
Unit-VI:	The Functions of a Nurse Manager in a Health Care Setting
Unit-VII:	Management Function And Their Application To Nursing.
Unit VIII:	Organizing Health Care
Unit-IX:	Productivity
Unit-X:	Ethics in Health Care
Unit-XI:	Motivating Staff
Unit-XII:	Leadership Skills
Unit-XIII:	Stress and Time Management
Unit-XIV:	Critical Thinking and Decision Making
Unit-XV:	Conflict Resolution and Managing Groups
Unit-XVI:	Resource Management
Unit-XVII:	Staff Development and Patient Education
Unit-XVIII:	Enhancing Employee Performance / Performance Appraisal
Unit-XIX:	Initiation and management of change.
Unit-XX:	Understanding and Managing Nurse Turnover and Absenteeism
Unit-XXI:	Nursing Associations
Unit- XXII:	Introduction to Budgeting and Resource Allocation
Unit- XXIII:	Quality Assurance and Risk Management

## UNIVERSITY OF HEALTH SCIENCES

### Post R. N. B.Sc. NURSING PROGRAMME

Course	Professional Development	
<b>Credit allocated</b>	Classroom:	03
	Laboratory:(Tutorial)	-
	Clinical:	-
	Total:	03
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Nursing Management (Leadership & Administration)	
<b>Co-requisite Course:</b>	Professional Development.	

#### COURSE DESCRIPTION

This course is planned to give the B. Sc Nursing student an overview of historical development of nursing and the social forces and issues faced by nursing leaders in Pakistan; and the status, images of nursing in Pakistan with emphasis on current trends. It assists the nurse in understanding of her ethical and legal responsibilities toward the patient, co-workers and the community. Special consideration is given to her role as an active participant in her professional organization.

#### COURSE OBJECTIVES:

- By the end of the course the students will be able to:
- Briefly describe the historical development of nursing through the ages;
  - Challenges, issues and responsibilities facing nurses as leaders in development of profession at national and international levels.
  - Analyze the image, status and role of nursing in Pakistan.
  - Develop and utilize group dynamics to foster awareness of self and others.

#### COURSE CONTENTS

<b>UNIT-I</b>	<b>NURSING HISTORY</b>
<b>UNIT-II</b>	<b>PROFESSIONAL ROLES AND RELATIONSHIPS</b>
<b>UNIT-III</b>	<b>ASSERTIVENESS / INTERPERSONAL RELATIONS</b>
<b>UNIT-IV</b>	<b>PROFESSIONAL ACCOUNTABILITY</b>
<b>UNIT-V</b>	<b>CRITICAL THINKING AND DECISION MAKING.</b>
<b>UNIT-VI</b>	<b>EMPOWERMENT AND POWERLESSNESS</b>
<b>UNIT-VII</b>	<b>GROUP DYNAMICS</b>
<b>VIII</b>	<b>PROFESSIONAL ORGANIZATIONS</b>

## UNIVERSITY OF HEALTH SCIENCES Post R. N. B.Sc. NURSING PROGRAMME

<b>Course</b>	<b>Community Health Nursing</b>	
<b>Credit allocated</b>	Classroom:	03
	Laboratory:	-
	Clinical:	04
	Total:	07
<b>Placement in Curriculum:</b>	YEAR I	
<b>Pre-requisite:</b>	Nutrition	
<b>Co-requisite Course:</b>	Community Health Nursing	

### COURSE DESCRIPTION

This course introduces role and advanced knowledge of community health nurses structure & function of community health organization. It is not intended to prepare student nurses in the field but rather to create and awareness of the important aspects of community health as they affect the health and welfare of individual, families and communities. It helps students to develop their abilities in working with communities, in their assessment of health needs, including setting appropriate priorities. Nursing involvement in the management of community management.

The various official and non official health agencies on the local, provincial, national and international levels are discussed in relation to health problems in Pakistan. Emphasis is placed upon the epidemiological approach to health problems, and the constant opportunities present for nurse to participate in teaching to promote health and prevent illness in the community. Finally, the student will learn manage case load, maintain records and statistics, plan appropriate interventions, utilizing a variety of teaching strategies and participating in research activities.

### COURSE OBJECTIVES:

By the completion of course, students will be able to: -

- Discuss the historical background of community health and community health nursing
- Identify the dynamics (e.g. Legal, Social, political and economics) of the `community and its effects on the health of the population
- Apply primary health model to provide nursing care to client in communities.
- Discuss the key component of community health care approach.
- Briefly discuss the career structure of community health nursing and primary health care system in Pakistan.
- Identify the current environmental health issues faced by community health nurse in Pakistan.
- Describe the common epidemiological methods.
- Observed effective management.

**COURSE CONTENT**

<b>UNIT -I</b>	<b>INTRODUCTION TO COMMUNITY HEALTH NURSING</b>
<b>UNIT -II</b>	<b>IN DEPTH OF PRIMARY HEALTH CARE STRATEGY.</b>
<b>UNIT -III</b>	<b>COMMUNITY AS A CLIENT</b>
<b>UNIT -IV</b>	<b>CURRENT STATUS OF THE HEALTH CARE IN PAKISTAN</b>
<b>UNIT -V</b>	<b>ENVIRONMENTAL HEALTH SAFETY</b>
<b>UNIT – VI</b>	<b>DEFINITION OF EPIDEMIOLOGY.</b>
<b>UNIT -VII</b>	<b>EPIDEMIOLOGY SURVEILLANCE</b>
<b>UNIT -VIII</b>	<b>INTRODUCTION OF COMMUNICABLE AND TROPICAL DISEASES.</b>
<b>UNIT- IX</b>	<b>CONTROL OF INFECTION</b>
<b>UNIT -X</b>	<b>DISEASES CONVEYED BY INGESTION</b>
<b>UNIT -XI</b>	<b>DISEASES BY INHALATION.</b>
<b>UNIT -XII</b>	<b>DISEASES OF ANIMALS CONVEYED TO MAN</b>
<b>UNIT -XII</b>	<b>SEXUALLY TRANSMITTED DISEASES</b>
<b>UNIT -XIII</b>	<b>ORGANIZATION</b>
<b>UNIT -XV</b>	<b>IMMUNITY</b>
<b>UNIT -XVI</b>	<b>E.P.I.</b>
<b>UNIT -XVII</b>	<b>ROLE OF COMMUNITY HEALTH NURSE.</b>



## UNIVERSITY OF HEALTH SCIENCES

### Post R. N. B.Sc. NURSING PROGRAMME

Course	Reproductive Health Nursing	
Credit allocated	Classroom:	02
	Laboratory:	-
	Clinical:	-
	Total:	02
Placement in Curriculum:	YEAR I	
Pre-requisite:	Anatomy & Physiology	
Co-requisite Course:	Pediatric Nursing	

#### 1. Course Description

This course is designed to provide the student with basic knowledge, skills and attitudes required for nursing management of women during normal aspects and with alteration in reproductive health.

Application of ethical, legal, psychosocial, cultural and professional standards will be considered in the care of women. Aspects of family health care including maternal and child health, Common gynaecological disorders and their interventions will be addressed.

The application of the nursing process is utilized in the delivery of care to women with an emphasis on human needs and health promotion through effective communication. Supervised clinical practice will take place in the hospital setting. . Field practical training is provided in maternal and child health centers

The curriculum will provide a process with diverse teaching and learning methods and a rigorous assessment strategy to ensure that students are eligible to be registered as midwives and competent to practice. To enable students to face the challenges of the future, the period of comprehensive clinical practicum to develop confidence and a professional portfolio provide the basis for continued professional and personal growth. The concept that the care is partnership between the woman, (partner), family and the midwife and recognizes that pregnancy and childbirth are natural processes. The realization and acceptance that child-bearing is not an illness, although the state of the woman's health may be altered, is paramount to the development of midwifery expertise.

It is intended that students will be given opportunities to understand the basic principles and concepts to ensure academic growth and development. The programme is structured so that basic principles and core themes are introduced at the beginning with complex themes built upon as the programme progresses. The course embraces several models that realizes the students development through a process and providing an end product, and reflects the philosophy, aims and outcomes of the programme. The aims and outcomes will be achieved by guiding the students as they develop midwifery knowledge in theory and practice, in an educational process while they acquire competence as midwife practitioners. Within this process students will continue to achieve personal and professional growth.

Application of ethical, legal, psychosocial, cultural and professional standards will be considered in the care of women and newborn. Nursing process will be utilized in the delivery of care to women and neonates with an emphasis on human

needs and health promotion through effective communication. Supervised clinical practice will take place in the hospital setting.

## 2. Course Objectives

At the end of this course the student will be able to:-

- a. Apply cognitive abilities for the provision of nursing care for women during the reproductive life and with alteration in reproductive health.
- b. Adapt effective communication skills when dealing with women during the maternity cycle and women with gynaecological disorders, their families and significant others as well as with the members of the health care team.
- c. Provide effective health teaching to promote positive health, maintain well being and prevent illness among women.
- d. Educate students to use their initiative and professional judgment to improve maternal and child health care
- e. Utilize traditional practices, cultural values and religious beliefs to identify and meet the needs of Pakistan families, thus promoting healthy lifestyles and preventing diseases.
- f. Ensure learners adopt the ethos of life long learning by using appropriate learning styles for future personal and professional education.
- g. Utilize professional judgment and take initiative to improve maternal and child health.
- h. Utilize the Nursing process to provide care to Mothers and Neonates
- i. Utilize effective communication with members of the multi disciplinary health care team and referral agencies to enhance care provision for women and their families.
- j. Adopt the ethos of life long learning by using appropriate learning styles for future personal and professional education.
- k. Understand the concept of a high risk approach for the care of women and newborn
- l. Provide effective health teaching to promote positive health, maintain well being and prevent illness among women and new born.
- m. Practice proper utilization of supplies and handling of equipment used in obstetric and midwifery.
- n. Discuss the role and responsibilities of the midwife within the National health Care system.
- o. Utilize midwifery knowledge and skills to provide accessible, effective and efficient care for women, their babies and families.
- p. Utilize research findings and best evidence to provide quality in midwifery care and aim to reduce maternal and infant mortality and morbidity.
- q. Understand professional accountability for the education and provision of high quality of care for women, their babies and families and advocate on their behalf.

## 3. Topical Outline

Unit-I:	Introduction to Obstetrics & Gynae Nursing
Unit-II:	Applied Reproductive Biology
Unit-III:	Antenatal Care –I
Unit-IV:	Maternal & Child Health
Unit-V:	Nutritional Aspect of pregnancy and child bearing
Unit-VI:	Common gynaecological investigations
Unit-VII:	Menstrual Dysfunctions
Unit-VIII:	Nursing care of women with common genital infections
Unit-IX:	Nursing care of women with tumours of genital tract
Unit-X:	Nursing care of women with Genital displacement
Unit-XI:	Nursing care of women with Genito-Urinary problems
Unit-XII:	Infertility and Management
Unit-XIII:	Reproductive Patho-physiology
Unit-XIV:	Intra partum Care
Unit-XV:	Neonatal Care
Unit-XVI:	Post partum care
Unit-XVII:	Birth spacing
Unit- XVIII:	Applied Research
Unit- XIX:	Antenatal Care II
Unit- XX:	Advance Antenatal Care
Unit-XXI:	Advance Intra natal Care
Unit-XXII:	Advance Post natal Care
Unit-XXIII:	Advance Neonatal Care
Unit-XXIV:	Integrated Concepts

## UNIVERSITY OF HEALTH SCIENCES Post R. N. B.Sc. NURSING PROGRAMME

Course	Applied Nutrition	
Credit allocated	Classroom:	01
	Laboratory:	01
	Clinical:	-
	Total:	02
Placement in Curriculum:	YEAR I	
Pre-requisite:	Fundamental of Nursing and Bio chemistry	
Co-requisite Course:	Community Health Nursing	

### 1. Course Description

The course introduces the students to the basic concepts related to nutrition and the nutritional requirements to maintain health, especially the patients admitted in hospital. It also covers the nutritional health education which will be imparted to the outdoor patients. The basic concepts revolve around nutritional values of food items its components and their action on body metabolism.

The course is developed to increase the understanding of applied nutrition in the prevention and treatment of diet related disease both in the community and hospital settings. It also emphasizes on the role of nurse in maintenance of the nutritional state in health and illness.

### 2. Course Objectives

On completion of this course students will be able to:-

- a. Composition of body and nutritional requirements
- b. Nutritive values of food items. Functions, requirements and importance of nutrients in maintaining health
- c. Understanding food habits of different social groups especially planning hospital diet according to food habits of patients
- d. Plan and prepare basic simple liquid and soft diets
- e. Understand role of nutrition in prevention of diet related diseases and promotion of health.
- f. Identify food habits of community and plan diets according to tastes and requirements of patients.
- g. Apply nutrition knowledge in the community of health promotion.

#### 4. Topical Outline

Unit-I:	Introduction to Nutrition
Unit-II:	Balanced Diet
Unit-III:	Energy
Unit-IV:	Carbohydrates
Unit-V:	Nutritional Requirements in the life cycle
Unit-VI:	Therapeutic diets
Unit-VII	Nutrition in infancy and childhood specially energy and protein requirements
Unit-VIII	Maternal Nutrition (energy cost of pregnancy and lactation)
Unit-IX	Weight control and weight management
Unit-X	Nutritional considerations in the prevention and Management of diabetes mellitus.
Unit-XI	Role of diet and nutrition in prevention and management of cardiovascular diseases.
Unit-XII	Nutrition and Renal diseases
Unit-XIII	Nutrition and Liver diseases

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**  
**Comprehensive Clinical Practicum (Elective)**

Course	Nursing Education	
<b>Credit allocated</b>	Classroom:	05
	Laboratory:(Tutorial)	-
	Clinical:	13
	Total:	18
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Comprehensive Clinical Practicum (Senior Elective)	
<b>Co-requisite Course:</b>	Nursing Education	

**COURSE DESCRIPTION:**

This course is designed to provide in depth knowledge and skills in nursing education.

Students are required to carry out a detailed project demonstrating the application of theory to the field of study.

**COURSE OBJECTIVES: -**

On completion of this course, learner will be able to: -

- Discuss issues and trends that influence the direction and philosophy of nursing education
- Describe the roles and responsibilities of the nurse educator
- Develop knowledge and skills in curriculum development and analysis.
- Apply knowledge of educational theories, strategies and concepts in clinical and classroom settings.
- Communicate as a peer with professional colleagues from various disciplines.
- Demonstrate personal and professional growth by completing an in-depth study of a self-selected problem related to nursing education either in school of nursing, hospital, or a community agency.

## CONTENT

<b>UNIT I</b>	<b>NURSING EDUCATION PHILOSOPHY</b>
<b>UNIT II</b>	<b>THEORIES OF LEARNING</b>
<b>UNIT III</b>	<b>CURRICULUM DEVELOPMENT</b>
<b>UNIT IV</b>	<b>ANALYSIS OF EXISTING CURRICULUM</b>
<b>UNIT V</b>	<b>STAFF MOTIVATION</b>
<b>UNIT VI</b>	<b>LEGAL ISSUES</b>
<b>UNIT VII</b>	<b>PROGRAMME EVALUATION</b>
<b>UNIT VIII</b>	<b>PROBLEM BASE LEARNING</b>

## TUTORIALS GUIDELINES

Students will be expected to come prepared to participate in tutorial discussions by studying the assigned topic for each session through readings, discussion with preceptor, faculty advisor, and peers, and observations in clinical settings, Activities will include discussions, student presentations, role plays, short lectures, and games.

## PRACTICUM GUIDELINES

### Class Room

Students are expected to :-

1. Identify, develop, implement and evaluate one or more unit of study in the practicum setting
2. Students can use lecture format, group work, tutorial, seminar format or laboratory depending on the needs of their students.
3. Develop appropriate students evaluation measure of the units of study.
4. Implement a minimum of 12 hours of teaching

### Clinical:

Students are expected to:

1. Supervise and teach students who are providing direct patient care. This can be done in conferences, demonstrations or during the delivery of care. Students must have a minimum of 20 hours clinical teaching.
2. Assess students learning needs, motivation, knowledge & skills
3. Identify factors that promote & hinder learning in their students.
4. Evaluate student learning using evaluation tools if appropriate or through anecdotal record and progress meetings.

## General

1. Attend and participate in meetings as appropriate.
2. Develop effective interpersonal relationship with staff, colleagues and students

*Formative and summative evaluation of students, performance during the classroom and clinical practice will be based on the above guideline*

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**  
**Comprehensive Clinical Practicum (Elective)**

Course	Management	
<b>Credit allocated</b>	Classroom:	05
	Laboratory:(Tutorial)	-
	Clinical:	13
	Total:	18
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Comprehensive Clinical Practicum (Senior Elective)	
<b>Co-requisite Course:</b>	Management	

**COURSE DESCRIPTION:**

This course is designed to provide in-depth knowledge and skills in nursing administration and management students are required to carry out a detailed project demonstrating the application of theory to the field of study

**COURSE OBJECTIVES:**

On completion of this course, the learner will.

- Discuss issues and trends that influence the direction and philosophy of nursing administration and management
- Describe the roles and responsibilities of the nurse manager
- Develop beginning knowledge and skills for a line manager in Nursing
- Apply knowledge of administration and leadership theories, strategies and concepts in clinical settings.
- Communicate as a peer with professional colleagues from various disciplines
- Demonstrate personal and professional growth by completing an in-depth study of a self-selected problem related to nursing administrations and management in general.



## CONTENT

<b>UNIT – I</b>	<b>INTRODUCTION TO COURSE</b>
<b>UNIT – II</b>	<b>ORGANIZATIONAL STRUCTURES</b>
<b>UNIT – III</b>	<b>PHILOSOPHIES</b>
<b>UNIT – IV</b>	<b>MANAGEMENT PRINCIPALS</b>
<b>UNIT – V</b>	<b>LEGAL ASPECTS OF MANAGEMENT</b>
<b>UNIT – VI</b>	<b>MANAGEMENT THEORY MODEL</b>
<b>UNIT – VII</b>	<b>COMMUNICATION IN HEALTH CARE SETTINGS</b>
<b>UNIT – VIII</b>	<b>TOTAL QUALITY MANAGEMENT</b>
<b>UNIT – IX</b>	<b>NURSING PRACTICE STANDARDS</b>
<b>UNIT – X</b>	<b>CURRENT MANAGEMENT ISSUES</b>
<b>UNIT – XI</b>	<b>DELEGATION</b>
<b>UNIT – XII</b>	<b>PERFORMANCE APPRAISAL</b>

## TUTORIALS GUIDELINES

Students will be expected to come prepared to participate in tutorial discussions by studying the assigned topic for each session through readings discussion with preceptor, faculty advisor, and peers, and observations in clinical settings. Activities will include discussions, student presentations, role plays, short lectures, and games.

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**  
**Comprehensive Clinical Practicum (Elective)**

Course	Peaditric Nursing (Clinical Practicum)	
<b>Credit allocated</b>	Classroom:	05
	Laboratory:(Tutorial)	-
	Clinical:	13
	Total:	18
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Comprehensive Clinical Practicum (Senior Elective)	
<b>Co-requisite Course:</b>	Management	

### 1. Course Description

This course enables the student to acquire knowledge, skills and attitudes necessary to provide nursing care to infants, children (one month to adolescence) and their families, sick or well, at different developmental stages. The national and international child health programs are utilized to enhance promotion, maintenance and prevention of childhood diseases with reference to nutrition (breast feeding and complimentary feeding) and communicable diseases. The course focuses on nursing care of infants, children and adolescents with actual / potential alterations in health (common medical/surgical problems) with special emphasis on care of infants and children with congenital anomalies and handicaps. Guided learning experiences are provided in the laboratory, acute care pediatric setting and clinics.

### 2. Course Objectives

At the end of this course the student will be able to:-

- a. Utilize principles of pediatric nursing and supportive programs (national & international) to meet the needs of children in their development stages)
- b. Utilize the nursing process to deliver safe and effective nursing care to infants, children and adolescents with common health alterations:-
  - i. Assess the ability of infants, children and adolescents to meet basic human needs and perform the activities of daily living.
  - ii. Formulate a nursing diagnosis to meet actual and potential basic human needs for infants, children, adolescents and parents.
  - iii. Develop individualized nursing care plan for infants, children, adolescents and parents
  - iv. Evaluate the response of infants, children, adolescents and parents to nursing interventions.

- c. Apply effective communication techniques when dealing with infants, children, adolescents and parents.
- d. Assume responsibility for implementation of ethical, socio-cultural and professional standards in the provision of childcare.
- e. Apply the principles of health teaching to promote health, maintain well being and prevent illnesses in infants, children, adolescents and their families.
- f. Apply policies and procedure related to the economical use of supplies and equipment followed in pediatric settings
- g. Evaluate own personal and professional growth and development

### 3. Topical Outline

Unit-I:	Introduction to Child Health Nursing
Unit-II:	Growth and Development
Unit-III:	Psychological Disorders
Unit IV:	Social Issues
Unit-V:	Immunization EPI Programme
Unit-VI:	Role of Nurse in EPI Programme
Unit-VII:	Fluid and Electrolyte Disorders
Unit-VIII:	Human Genetics
Unit-IX:	Metabolic Disorders
Unit-X:	Alteration in Oxygen in respiratory, cardiovascular and haematological disorders
Unit-XI:	Alteration in hydration, nutrition, and gastrointestinal dysfunctions
Unit-XII:	Alteration in elimination and genitourinary dysfunctions
Unit-XIII:	Alteration in neuroendocrine function, cerebral and cognitive sensory dysfunction
Unit-XIV:	Physical Immobility
Unit-XV:	Paediatric Oncology and Immunodeficiencies

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**  
**Comprehensive Clinical Practicum (Elective)**

Course	Critical Nursing	
<b>Credit allocated</b>	Classroom:	05
	Laboratory:(Tutorial)	-
	Clinical:	13
	Total:	18
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Comprehensive Clinical Practicum (Senior Elective)	
<b>Co-requisite Course:</b>	Advance concept in critical nursing	

**COURSE DESCRIPTION:**

The focus of this course is to assist the students in developing the attitudes, knowledge and skills in providing critical care to the clients in hospital settings. The course will give the students opportunity with clients having various health problems, utilizing skills learned to establish therapeutic relationships recognize and implement in critical care. The role of the critical nurse on various units and discuss nursing process of treatment special emphasis is placed on the prevention and promotion as a framework for decision making and administering nursing care. The critical care nurse anticipate events on the basis of her knowledge of normal physiology and the clients condition.

**COURSE OBJECTIVES:**

The course member will be able to: -

- Skilled in general aspects of critical nursing care providing physical, social emotional and intellectual will being of the clients.
- Skilled in communication and able to establish good relationship with the clients his family about the critical care.
- To develop skill in critical care nursing management in various critical care units.
- To implement the systematic approach in nursing to enhance in critical care nursing standers.
- Utilize the nursing process and develop a nursing care plan to provide relevant critical care to the client in various critical disease.
- Provide critical care to the clients with a multidisciplinary health problems.

**COURSE CONTENT:**

<b>UNIT – I</b>	<b>INTRODUCTION CRITICAL NURSING CARE.</b>
<b>UNIT –II</b>	<b>THE ROLE OF CRITICAL NURSE IN PREVENTION OF:</b>
<b>UNIT – III</b>	<b>USES AND MAINTENANCE TO CRITICAL CARE</b>
<b>UNIT –IV</b>	<b>SYSTEMATIC APPROACH TO CRITICAL CARE NURSING.</b>
<b>UNIT – V</b>	<b>HOLISTIC CRITICAL CARE.</b>
<b>UNIT – VI</b>	<b>PROFESSIONAL ISSUES IN CRITICAL CARE.</b>
<b>UNIT - VII</b>	<b>THE SYSTEMATIC APPROACH TO CRITICAL CARE NURSING</b>
<b>UNIT – VIII</b>	<b>ETIOLOGY &amp; PATHOLOGY OF CRITICAL DISEASES.</b>
<b>UNIT – IX</b>	<b>CRITICAL NURSE RESPONSIBILITIES .</b>

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**  
**Comprehensive Clinical Practicum (Senior Elective)**

<b>Course</b>	<b>Accident &amp; Emergency Nursing</b>	
<b>Credit allocated</b>	Classroom:	05
	Laboratory:	-
	Clinical:	13
	Total:	18
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Psycho social sciences and Adult Health Nursing	
<b>Co-requisite Course:</b>	Nursing Research and Biostatistics	

**COURSE OBJECTIVES.**

At the end of this course the student will be able to:-

- Communicate effectively in application of nursing process in seriously ill cases.
- Develop knowledge and competency in the area of emergency
- Recognizing the importance of holistic care of the trauma patients.
- Maintain safe environment for patients and families in aspect of Hazards.
- Demonstrate effective use of problem solving skills in using the nursing process.
- Able to develop skills in management and act as a manger for co-worker.
- Maintain accurate record (documents) of assessment, planning, implementation and evaluation of the unit of Accident and Emergency.
- Describe the developing role of the nurse in trauma management.
- Demonstrate basic skills of nursing research and utilize research finding in nursing process of all aspect of nursing.

**COURSE CONTENTS.**

<b>UNIT – I</b>	INTRODUCTION OF A & E NURSING PROCESS APPLYING OF EACH EMERGENCY WOUND, INJURIES, DRESSING BANDAGES.
<b>UNIT – II</b>	RESPIRATORY SYSTEM AND ALL A & EMERGENCY ASSESSES REGARDING RESPIRATORY SYSTEM.
<b>UNIT – III</b>	FLUID ELECTROLYTE BALANCE.
<b>UNIT – IV</b>	PATHOLOGY & PATHOPHYSIOLOGY.
<b>UNIT – V</b>	URINARY SYSTEM, ALL EMERGENCY REQDING URINARY SYSTEM.
<b>UNIT – VI</b>	CIRCULATORY SYSTEM THEIR EMERGENCIES.
<b>UNIT – VII</b>	NERVOUS SYSTEM.
<b>UNIT – VIII</b>	BURN IN DETAIL AND CRISES OF BURN.
<b>UNIT – IX</b>	DISASTER MANAGEMENT & PREPAREDNESS .
<b>UNIT – X</b>	DOCUMENTATION.
<b>. UNIT – XI</b>	C. P. R. & IT WHOLE MANAGEMENT.
<b>. UNIT – XII</b>	FORENSIC MEDICINE ITS CRISES AND MANAGEMENT.

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**  
**Comprehensive Clinical Practicum (Senior Elective)**

<b>Course</b>	<b>Operation Theatre Nursing</b>	
<b>Credit allocated</b>	Classroom:	05
	Laboratory:	-
	Clinical:	13
	Total:	18
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Psycho social sciences and Adult Health Nursing	
<b>Co-requisite Course:</b>	Nursing Research and Biostatistics	

### COURSE DESCRIPTION

The system approach to Nursing and individualized pt care, problem solving and responsibility for the practitioner's own actions. The intended outcome of the course is to produce a competent, safe practitioner's in all aspects of Nursing in the operation theater unit, one who recognizes the total needs of the pt in the operation theater unit and will be able to assess, plan and implement care in order for the intended out come to be achieved, the course member must:

- Complete all theoretical and clinical aspects of the course.
- Achieve all course objectives.
- Successfully complete all assessments.
- Complete the full length of the course and full range of clinical experiences.

In planning the course, a flexible approach is adopted, lectures are kept to a minimum, emphasis is placed on self learning e.g tutorials, group, discussions, guided study, project work case studies. Severety two study days arranged into module are devoted to the planned teaching program commencing with two weeks.

### COURSE OBJECTIVES.

At the end of this course the student will be able to:-

- Skilled in general aspects of operation theater nursing by providing, physical, social emotional and intellectual will being of the patient.
- Able to recognize priorities of a patient needs.
- Be active in the process of nursing care solving problems by assessing, identifying needs, setting goals and instigating appropriate action.
- Evaluate her nursing intervention and the performance of self and others to promote a high standard of nursing care.
- Maintain the dignity of the patient at all times and minimize his/her stress.
- Develop skills in management, clinical teaching and an awareness of research.
- The course syllabus includes all aspects sutery of patient centered nursing care including medical, surgical, pediatric, orthopedic, neuroscience surgery obstetrics and gynecological nursing.



**COURSE CONTENTS.**

<b>UNIT – I</b>	ENVIRONMENT.
<b>UNIT – II</b>	CONTROL OF INFECTION
<b>UNIT – III</b>	BURNS.
<b>UNIT – IV</b>	GENERAL
<b>UNIT – V</b>	SPECIFIC.
<b>UNIT – VI</b>	COMPLICATIONS.
<b>UNIT – VII</b>	BLOOD
<b>UNIT – VIII</b>	ASSESSMENT AND PLANNING OF THE PATIENT CARE DURING THE PRE-OPERATIVE PERIOD.
<b>UNIT – IX</b>	THE ROLE OF THE THEATRE NURSE.
<b>UNIT – X</b>	THEATRE PROCEDURES.
<b>. UNIT – XI</b>	THE PROCESS OF NURSING IN THE OPERATION THEATRE.
<b>. UNIT – XII</b>	THE DUTIES OF NURSING STAFF IN THE EQUIPMENT IN THE OPERATION THEATRE.
<b>. UNIT – XII</b>	SPECIAL PROCEDURE.
<b>. UNIT – XIV</b>	INCISIONS AND WOUND CLOSING.
<b>. UNIT – XV</b>	FRACTURES
<b>. UNIT – XVI</b>	STERILIZATION
<b>. UNIT – XVII</b>	THE DUTIES OF NURSING STAFF IN THE THEATRE.
<b>. UNIT – XVIII</b>	POSITION USED IN SURGERY.
<b>. UNIT – XIX</b>	SUTURE MATERIALS
<b>. UNIT – XX</b>	DRAINAGE TUBES
<b>. UNIT – XXI</b>	DRESSING
<b>. UNIT – XXII</b>	USE OF DISPOSABLE MATERIAL IN THE OPERATION THEATRE
<b>. UNIT – XXIII</b>	ANESTHESIA
<b>. UNIT – XXIV</b>	EQUIPMENT
<b>. UNIT – XXV</b>	COMPLICATION FOLLOWING IN SURGERY
<b>. UNIT – XXVI</b>	HAZARDS IN OPERATION THEATRE
<b>. UNIT – XXVII</b>	SURGICAL INSTRUMENTS.

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**  
**Comprehensive Clinical Practicum (Senior Elective)**

<b>Course</b>	<b>Community Health</b>	
<b>Credit allocated</b>	Classroom:	05
	Laboratory:	-
	Clinical:	13
	Total:	18
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Psycho social sciences and Adult Health Nursing	
<b>Co-requisite Course:</b>	Nursing Research and Biostatistics	

### COURSE DESCRIPTION

This course provides the student with an opportunity to practice a variety of community health nursing roles. During the experience the students will develop simple projects in the community using participatory techniques and principles of self-care and self-help. This course will also assist the students to understand the concept of primary health care and apply it in health prevention. In addition students will be introduced to the role of community health nurse in primary health care occupational health and school health.

### COURSE OBJECTIVES.

At the end of this course the student will be able to:-

- Examine the role of a community health nursing, analyze it in context to the health care needs of the community and specific groups of clients.
- Apply principles of community participation, self-care and self-help
- Implement projects in the community.
- Identify the principle elements and components of primary health care
- Describe each component and its relationship to health promotion
- Discuss the role of a community health nursing in various components.
- Analyzed the role of national and international organization in health care.

## COURSE CONTENTS.

<b>UNIT – I</b>	Advance Role of Community Health Nurse.
<b>UNIT – II</b>	Nurses role a guide, educator, advocate, service provider in prevention, promotion, rehabilitation and curative care.
<b>UNIT – III</b>	Utilization of nursing process in the community.
<b>UNIT –</b>	National and International health initiatives.
<b>UNIT – V</b>	Assessment of communities.
<b>UNIT – VI</b>	Windshield survey.
<b>UNIT – VII</b>	Cultural diversity.
<b>UNIT – VIII</b>	Community participation.
<b>UNIT –IX.</b>	Frameworks/Models for community health nursing
<b>UNIT – X</b>	Processes for program development
<b>UNIT – XI</b>	Principles of self care and self help
<b>UNIT – XII</b>	Health transition and primary health care
<b>UNIT – XIII</b>	Child survival
<b>UNIT – XIV</b>	Child health and nutrition.
<b>UNIT – XV</b>	Immunization
<b>UNIT – XVI</b>	Acute respiratory infection (ARI).
<b>UNIT – XVII</b>	Control of diarrhoea diseases
<b>UNIT – XVIII</b>	Maternal nutrition and health
<b>UNIT – XIX</b>	Family planning – reproductive health
<b>UNIT – XX</b>	Environment and health
<b>UNIT – XXI</b>	Nutrition and health
<b>UNIT – XXII</b>	Health education
<b>UNIT – XXI II</b>	Prevention and screening.
<b>UNIT – XXIV</b>	Human Sexual Transmitted Disease, Non Sexual Transmitted Disease – (Aids.)

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**  
**Comprehensive Clinical Practicum (Elective)**

Course	Mental Health	
<b>Credit allocated</b>	Classroom:	05
	Laboratory:(Tutorial)	-
	Clinical:	13
	Total:	18
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Comprehensive Clinical Practicum (Senior Elective)	
<b>Co-requisite Course:</b>	Mental Health	

**COURSE DESCRIPTION.**

The focus of this course is to assist the student in developing the attitudes, knowledge and skills in providing care to mental health clients in hospital settings. The course will give the student the opportunity to work with clients having various mental health problems utilizing skills learned to establish therapeutic relationships, recognize psychological defence mechanism, discuss factors that contribute to mental health problems, personality types and disorders. The student will have the opportunity to manage clients with behavioural disorders, implement the role of the nurse on a psychiatric unit and discuss methods of treatment. Special emphasis is placed on the prevention and promotion of mental health and rehabilitation of clients.

**COURSE OBJECTIVES :**

- By the end of the course the student will be able to:
- Differentiate characteristics required of a psychiatric nurse and practice the role in the psychiatric ward, (i.e. role of the nurse as a part of the psychiatric health care team, verbal and non verbal communication skills, and psychotherapy).
  - Obtain a patient history and perform mental health assessment of a client.
  - Utilize the nursing process and develop a nursing care plan to provide relevant care to the client with a mental health problem.
  - Manage clients with a multiplicity of mental health problems.
  - Demonstrate an understanding of diverse therapeutic modalities used in treating various mental health disorders.

**CONTENT:**

<b>UNIT – I</b>	<b>INTRODUCTION TO PSYCHIATRY.</b>
<b>UNIT – II</b>	<b>ASSESSMENT OF CLIENTS</b>
<b>UNIT – III</b>	<b>ANXIETY DISORDERS</b>
<b>UNIT – IV</b>	<b>MOOD (AFFECTIVE) DISORDERS.</b>
<b>UNIT – V</b>	<b>EPILEPSY</b>
<b>UNIT – VI</b>	<b>PERSONALITY DISORDER</b>
<b>UNIT – VII</b>	<b>ALCOHOLISM</b>
<b>UNIT – VIII</b>	<b>PUERPERAL MENTAL ILLNESS.</b>
<b>UNIT –IX.</b>	<b>REHABILITATION.</b>
<b>UNIT – X</b>	<b>NEUROSIS</b>
<b>UNIT – XI</b>	<b>VARIOUS THERAPIES</b>
<b>UNIT – XII</b>	<b>EMERGENCY PSYCHIATRIC MEDICINE:</b>
<b>UNIT – XIII</b>	<b>LEGAL ISSUES IN EMERGENCY PSYCHIATRIC MEDICINE.</b>
<b>UNIT – XIV</b>	<b>VARIOUS EMERGENCY ISSUES.</b>
<b>UNIT – XV</b>	<b>PHARMACOLOGY.</b>
<b>UNIT – XVI</b>	<b>HUMAN SEXUALITY</b>
<b>UNIT – XVII</b>	<b>CARE OF ELDERLY PEOPLE.</b>
<b>UNIT – XVIII</b>	<b>PSYCHOSOCIAL DISORDERS:</b>
<b>UNIT – XIX</b>	<b>MENTAL RETARDATION + MENTAL HANDICAP</b>
<b>UNIT – XX</b>	<b>MENTAL HANDICAP</b>
<b>UNIT – XXI</b>	<b>CHILDHOOD PSYCHOSIS (CHILDHOOD PSYCHIATRIC)</b>

**UNIVERSITY OF HEALTH SCIENCES**  
**Post R. N. B.Sc. NURSING PROGRAMME**  
**Comprehensive Clinical Practicum (Elective)**

<b>Course</b>	<b>Dental Health Nursing</b>	
<b>Credit allocated</b>	Classroom:	05
	Laboratory:(Tutorial)	-
	Clinical:	13
	Total:	18
<b>Placement in Curriculum:</b>	YEAR II	
<b>Pre-requisite:</b>	Comprehensive Clinical Practicum (Senior Elective)	
<b>Co-requisite Course:</b>	Dental Health Nursing	

**COURSE DESCRIPTION:**

This course designed to develop knowledge and skill to develop B. Sc. N. nurse in order to full fill their role as an effective nursing care as dental health with in the health care system. It will focus on the brief outline of the system of the body together with general observations concerning its structure a detailed knowledge of the surface and features of the oral cavity, differentiation of structure in relation to functions and the practical application in a dental health care system.

**COURSE OBJECTIVES:**

By the end of the course the students will be able to: -

- Discuss general anatomy & physiology and histology.
- Discuss pathology, bacteriology of various dental diseases
- To develop knowledge of orthodontic operative dentistry and its management
- Discuss the role of dental nurse in health care team.
- To develop nurse patient and family relationship.
- Discuss the physical mental and emotional growth of child from birth to puberty.

**COURSE CONTENT:**

<b>UNIT – I</b>	<b>GENERAL ANATOMY</b>
<b>UNIT – II</b>	<b>PHYSIOLOGY</b>
<b>UNIT – III</b>	<b>GENERAL HISTOLOGY.</b>
<b>UNIT – IV</b>	<b>DENTAL ANATOMY AND HISTOLOGY.</b>
<b>UNIT – V</b>	<b>MATERNAL AND CHILD HEALTH</b>
<b>UNIT – VII</b>	<b>ORTHODONTICS.</b>
<b>UNIT – VIII</b>	<b>CLINICAL DENTISTRY.</b>
<b>UNIT – IX</b>	<b>NURSING MANAGEMENT</b>
<b>UNIT – X</b>	<b>PATHOLOGY AND BACTERIOLOGY.</b>

## UNIVERSITY OF HEALTH SCIENCES B.Sc. NURSING PROGRAMME

<b>Course</b>	<b>English-II</b>	
<b>Credit allocated</b>	Classroom:	04
	Laboratory:	-
	Clinical:	-
	Total:	04
<b>Placement in Curriculum:</b>	Year –II	
<b>Pre-requisite:</b>	English-I	

### 1. Course Description

This course is designed to improve the skills of the students in English writing. At the end of this course the students will be able to write formal / informal letters in more effective way.

### 2. Course Objectives

At the end of this course the students will be able to:-

- a. Organized their ideas and write them in logical manners
- b. Use correct form of grammatical items
- c. Write article reports and opinions correctly

### 3. Topical outline

Unit-I:	Formal and informal letter writing
Unit-II:	Writing a story
Unit-III:	Reports
Unit-IV	Articles
Unit-V:	Instructions
Unit-VI	Letters and memos
Unit-VII:	Stating an opinion I and opinion –II.