

SYLLABUS FOR PUBLIC HEALTH NURSING OFFICER IN MCD

Applied Microbiology and Pathology

- Classification of microbes, role of bacteria, viruses, fungi, parasites in causing disease
- Common microbiological investigations and their interpretations
 - Blood – complete picture, cultures and sensitivities, smear for MP, MF
 - Urine – Analysis
 - Sputum – cultures and sensitivities
 - Skin smear, vaginal smear, visual inspection with acetic acid (VIA)
 - PAP smear
- Collection, treatment of various specimens, and preparation of them for Examination
 - Infection control
 - Biomedical waste management

Environmental Health and Sanitation

- **Environmental pollution: Introduction, Causes, effects and control measures of:**
 - Air pollution
 - Water pollution
 - Soil pollution
 - Marine pollution
 - Noise pollution
 - Thermal pollution
 - Nuclear hazards

Nutrition, Nutritional Assessment, Nutrition Education and Food Safety

- Introduction to nutrition and nutrition assessment
 - Concept of nutrition
 - Types of nutrients
 - Meal planning
 - General dietary advice
 - Nutritional assessment
 - Nutritional education
 - National nutritional programs
- Nutrition during pregnancy and lactation
- Nutrition for infant, child, adolescent and elderly
- Nutritional deficiency disorders
 - Protein Energy malnutrition
 - Childhood obesity
 - Vitamin deficiency diseases
 - Mineral deficiencies
 - National nutritional policies and programs in India
 - Food borne diseases and food safety

Information, Education and Communication

- Use of data and information for communication and advocacy
- Communication definition
- Communication channels
- Principles of communication
- Use of communication
- Channels and techniques of communication
- Culturally sensitive communication
- Team communication
- Information technology
- Application of digital health

Behavior Change Communication

- Introduction to Behavior Change Communication

Behavior Change Approaches

- Health and Human Behavior

- Introduction to behavior change models
- IEC to BCC to SBCC: An Evolution

Use SBCC Module

Individual and Family Education

- Principles of teaching and learning
- Principles of health education
- Assessment of informational needs and education
- Developing health education materials
- Mass health education and use of mass media and folk media

Counselling

- Counseling techniques
- Individual and family counseling
- Situation specific counselling – Infertility couple, HIV counseling, Family planning counselling, bereavement counselling, etc.

Organization of Health Care Services at various levels

- Urban, rural, tribal health
- Health care services – National, State, District, CHC, PHC, Health center
- Functions, staffing, lay out, drugs, equipment and supplies

Comprehensive Primary Health Care

- Primary health care
- Components
- Primary health care services

Epidemiology

- Introduction to epidemiology
- The epidemiological approach and measures in epidemiology
- Epidemiological methods
- Concepts of disease occurrence
- Disease epidemic
- Introduction to investigating an outbreak

Vital Statistics

- Morbidity indicators
- Mortality indicators
- Methods of collecting vital statistics
- Data presentation, basic statistical tests and its application
- Recording and reporting vital events
- Digital recording

Communicable Diseases and Non- Communicable Disease Management under the National Health Programs

- Goals, objectives, purposes, organization, manpower, sources, activities, roles and responsibilities of Nurse Practitioner in Primary Health Care
- Magnitude of health problems of India
- National health programs
 - National vector borne disease control program
 - * Malaria
 - * Filariasis
 - * Dengue Fever/DHF
 - * Japanese Encephalitis
 - * Kala-azar
 - * Chikungunya Fever
- National Leprosy Eradication Program
- RNTCP (National TB Control Program)
- National AIDS Control Program
- National Program for Control of Blindness
- Iodine Deficiency Disorders Program
- Universal Immunization Program
- National Health Mission
- Reproductive Child Health Program including Adolescent Health (RMNCH+A)

- National Program for prevention & control of cancer, diabetes, cardiovascular diseases and stroke
- National Mental Health Program
- National Program for control and treatment of occupational diseases
- National Family Welfare Program
- National Water Supply and Sanitation Program
- Minimum Needs Program

Management of common conditions and emergencies including first aid Identification, primary care management and referral of :

- Abdominal pain, helminthiasis, diarrhea, dysentery, dehydration, vomiting, constipation
- Respiratory infections, measles, bronchial asthma
- Anemia
- Urinary tract infections
- Oral health problems
- Local infections of eye, ear, nose and throat

First Aid in emergency conditions

- High fever, low blood sugar, minor injuries, fractures
- Emergency conditions including fainting, bleeding, shock, bites, burns, choking, seizures
- Road Traffic Accidents (RTAs)
- Operational guidelines on trauma care facility on national highways

Reproductive Child Health & Family Planning

- Normal Pregnancy, Management of problems during pregnancy
- Normal labor, Management of problems during labor
- Management of prolonged and obstructed labor
- Essential newborn care
- Post-partum Complication Management
- Family Planning Methods
- Family Planning Counselling
- Screening for Breast and Cervical Cancer

Sexually Transmitted Infections

- Overview of sexually transmitted
- infections, clinical manifestations, diagnosis and management

Child Health

- Newborn care
 - Immediate newborn care
 - Neonatal assessment & screening
 - Kangaroo care
 - Breast feeding
- Management of high risk newborn
 - Low birth weight
 - Lethargic babies
 - Neonatal jaundice
 - Congenital anomalies
 - Respiratory distress syndrome in newborn
- Immunization
- Common Surgical Problems in Neonates
- Common Childhood Infections
- Vitamin Deficiencies

Adolescent Health

- Adolescent health problems
- Risky behaviors
- Life skill education
- Adolescent counseling

Specialized role of community health nurses

- Geriatric Health care
- Palliative care
- Oncology nursing

- Rehabilitation nursing
- School health nursing
- Occupational health nursing

Community Mental Health & Counselling

- Depressive disorders
- Substance abuse
- Dementia
- Adolescent Counselling
- National Mental Health Program

Disaster management

- Natural and manmade disaster
- Disaster cycle
- Community awareness, disaster preparedness and management
- Management of epidemics
- Safety and security
- Counselling

Quality Assurance in community health nursing practice:

Standards of practice

- Overview of standards of nursing practice
- Indian public health standards
- Quality assurance program

Use of problem solving approach

- Problem solving process and approach
- Steps and methods of solving problems in the public health practice area

Management including Health Center Management

- Management
- Definition, principles, elements
- Health center management
- Maintenance of stock
- Procurement of equipment, supplies, medicine and vaccines
- Inter-sectoral co-ordination
- Management/Health information evaluation system in primary health care
- Documentation
 - Incidental report
 - Drafting, noting
 - Charting
 - Reports
- Writing unit report, Performance appraisal, weekly/monthly and annual
- Reports of the area, sentinel reports, death reports/birth report/vaccination reports, reports of ADRS, notifiable disease reports, reports of family planning activities, Guidance, Staff assignment, Material management
- Maintenance of Records and Reports of peripheral and health Centre
- Supervision
- Aims, objective, principles
- Qualities, responsibilities of supervisor
- Methods of supervision and techniques
- Practice standards policies, procedures and protocols
- Quality assurance program
- Duties, responsibilities of various health personnel of the health team
- Staff development
- In-service education, Continuing nursing education
- Professional trends, Code of Ethics and conduct
- Professional organization
- Human resource management
- Soft skills
- Team management

- Professional, ethical and legal issues
- Rights of clients (Consumer Protection Act, Medico-Legal cases)
- Health care policies and public policies
- Health economics and cost-effective healthcare
- Ethics and cost-effective health care
- Role development of the nurse practitioner in primary health care (implement the role development of the advanced practice nurse including teacher, advocate, clinician, consultant, collaborator and manager of systems)
- Interdisciplinary collaboration and the Nurse Practitioner in Primary Health Care

Leadership and Supervision

- Leadership
- Supervision
- Types of leadership and supervision
- Challenges
- Leadership and supervision at various levels
- Community health team and team building
- Working as interdisciplinary team member