

SYLLABUS: Auxiliary Nurse/ Midwife in MCD & NDMC

Concept of Health

- Health and its changing concepts.
- Dimensions of health
- Primary health care, definition, components, significance, community application

Community Health practices

- Health concepts of people and health care providers
- Health behaviours, beliefs and cultural practices of community.
- Ethics and behaviour related to community practices.
- Method of home visiting.

Health problems and policies

- Overview of health problems of communities in India.
- National health and family welfare programs
- Concept of Field Visits: Village, Subcentre, Primary Health Centre, Community Health Centre

Health Organization

- Organization of SC, PHC, CHC and district hospital.
- Organization of health care delivery system at different levels
- Referral system
- Health agencies: National Indian Red Cross, Indian Council for Child welfare, Family planning association of India etc.
- International: WHO, UNICEF, UNFPA, UNDP, World Bank, FAO, DANIDA, European Commission, Red Cross, US aid, UNESCO, Colombo Plan, ILO, CARE etc.
- Non-Governmental organizations (NGO)

Role of health team.

- Team concept and Functions of the health team
- Role and Responsibilities of ANM \ FHW
- Code of ethics for ANM

Structure of community

- *Rural community*- Characteristics, changes in the village community development, major rural problems
- *Urban Community*- Characteristics, changes and adjustments to urban environment, major urban problems
- *Village*: Physical structure, Administrative setup
- Function of Panchayat, 73rd and 74th amendments to Constitution and role of Panchayat in health.
- Structure of an urban community slum
- Social groups organizations, Leaders
- Community resources

Interaction between different social groups in the village.

- Dynamics of community Social processes- individual and process of socialisation
- Social traditions and customs in the village.
- Traditions and Customs and their Influence on health.
- Social stratification: Influence of Class.
- Caste and Race on Health and health practices

Family and marriage:

- Types
- Changes & legislations on family and marriage in India- marriage acts

Scope and Methods of community need assessment: Survey -

- Planning
- Preparation of tools: questionnaires, interview schedules, check list etc

Community survey:

- Principles and methods: data collection, conducting interviews, focus group discussions (FGD) and case studies
- Participatory learning for action (PLA)
- Analysis of data, Preparation of report

Communication methods & media

- Interpersonal relationship (IPR): communication with different groups and health team members.
- Concept, Principles, Methods of communication & Media process
- Types and use of Audio-Visual aids
- Use of local folk, methods and media for disseminating health messages
- BCC(Behavioural change communication), IEC (Information, Education and communication): Aims, Scope, concept and approaches
- Teaching learning process, concept, characteristics, steps of learning, characteristics of learner
- Principles, methods of teaching
- Planning of health education activities: Role and responsibilities of ANM's/ Health workers in BCC Counselling.

Concept, Principles and Techniques of counselling.

- Identifying needs and areas for counselling in the community.
- Role of counsellor , Role of ANM/ Female Health worker as counsellor
- Community based rehabilitation
- Health Conditions needing rehabilitation
- Community Resources available
- Educate individuals, family and community.

HEALTH PROMOTION

Essential nutrients

- Importance of nutrition in health and sickness
- Essential nutrients, functions, Sources and requirements
- Classification of food and their nutritive value
- Normal requirements at different ages.
- Balanced diet for different age group

Malnutrition and nutritional deficiencies.

- Deficiencies, correction, Treatment and referral - protein Energy malnutrition
- Vitamin and mineral deficiencies:
- Nutritional anaemia in women
- Under five nutrition
- The role of ANM's/FHW/ AWWs in Supplementary food.
- Special diets of individuals for different age group.

Nutritional assessment

- Methods of nutritional assessment of individual and family: mother & Child
- Identification of Local food sources and their value in enriching diet.
- Food fads, taboos, customs and their influence on health.

Promotion of nutrition

- Planning diets and special diets for a family.
- Methods of using locally available foods for special diet
- Principles and methods of cooking
- Promotion of kitchen gardens
- Food hygiene and safe preparation
- Storage and preservation
- Food adulteration
- Precautions during festivals and Melas

Human body and hygiene

Human body

- Structure and functions of human body.
- Body systems and their functions digestive system respiratory system. genito urinary system, cardiovascular system, nervous system, muscular system, endocrine system, special sensory organs.

Hygiene of the body

- Personal and individual hygiene Care of mouth skin, hair and nails.
- Sexual hygiene
- Menstrual hygiene

Hygiene and comforts needs of the Sick

- Care of skin: Bath sponging, back care, care of pressure points, position changing
- Care of hair: hair wash
- Care of hand and nails: hand washing
- Care of eyes: eye wash
- Mouth care
- Elimination Care of bowels and bladder

Optimal functioning of the body

Basic human needs

- Rest, sleep, activity, exercise, posture etc
- Food, eating and drinking habits
- Participation in social activities.
- Self-actualization and spiritual need.
- Interpersonal and human relations
- Lifestyle and healthy habits.

Environmental Sanitation

- Environment and ecology for healthy living: basic sanitary needs
- Air, sunlight and ventilation.
- Home environment-: smoke, animals, water, drains and Toilets etc.

Safe water

- Sources of water & characteristics of safe water-sources of contamination and prevention.
- Purification of Water for drinking: methods-small and large scale.
- Disinfections of well, tube well tank and pond in a village.
- Water borne diseases and prevention.

Disposal of excreta and waste

- Methods of excreta disposal - types of latrine.
- Handling animal excreta.
- Methods of waste disposal
- Hazards due to waste

Community participation

- Drainage and Preparation of soak pits.
- Maintaining healthy environment with in and around village- cleaning and maintenance of village drains, ponds and wells.
- Common waste, Excreta and animal waste-disposal in the village.

Mental Health

- Concept of mental health
- Body-mind Relationship.
- Factors influencing mental health.
- Characteristics of a mentally healthy person.
- Developmental tasks of different age groups
- Different defense mechanisms

Maladjustment

- Features of a maladjusted individual.
- Common causes of maladjustment.
- Counselling an individual, family and community.

Mental illness

- Identify abnormal behaviours, Types of mental illnesses and treatments, Early detection and referral of mentally ill, Prevention of mental illness, Home care and counselling, Refer psychiatric emergencies.

Old age care

- Process of ageing- physical, psychological changes.
- Needs and problems
- Care of elderly at home.
- Rehabilitation and agencies of caring elderly.

Primary Health Care-(Prevention of Disease and Restoration of Health)

A. Infection and Immunization

Concept of disease.

- Concept and definition of illness
- Disease causation
- Classification of diseases.

Infection

- Meaning and types of infection.
- Causes of infection
- Classification and Characteristics of microorganisms: Pathogenic and Non-pathogenic
- Incubation period and spread of infection
- Transmission
- Factors affecting Growth and destruction of microbes.

Immunity and body Defense mechanisms

- Body's defense mechanism
- Immunity-concept
- Hypersensitivity: Antigen antibody reaction
- Types of Immunity
- Types of Vaccines
- Storage and care- cold chain maintenance.

B. Immunization

- Immunization against different infections- immunization schedule
- Injection safety
- Methods of administering vaccine
- Sterilization of Syringes and needles.
- Immunization in the community
- Immunization Hazards
- Precautions while giving vaccines
- Special immunization drives and programmes.
- Records and reports

Collection of specimen

- Principles and methods of collection of specimens and handling body discharges.
- Collection of specimens of blood, sputum ,urine, stool
- Safe disposal of body discharges.

Disinfection and sterilization

- Principles and methods of antiseptics, disinfection and sterilization
- Methods of Disinfecting different equipments
- Methods of Sterilizing different equipments

Waste Disposal

- Infectious and non-infectious: concepts, principles, and methods at different levels

Introduction to communicable diseases

- Common communicable diseases; Epidemiological concepts-Incidence and prevalence, mortality and morbidity.
- Levels of prevention
- Control and Prevention of communicable diseases general measures
- Surveillance, isolation , notification, reporting.

Communicable diseases.

- Signs, Symptoms,
- Care and prevention of the following:
 - Diphtheria, pertussis, tetanus, poliomyelitis, Measles and tuberculosis
 - Chickenpox, mumps, rubella, Enteric fever, hepatitis, rabies, malaria, dengue, filaria, kala-azar, trachoma, conjunctivitis, scabies, STDs and HIV/AIDS
 - Encephalitis, Leptospirosis, Acute respiratory infections, Diarrhoeal diseases, Worm infestations, Leprosy
- Role and Responsibilities of Health worker/ANM

Care in communicable diseases

- Care of patients with communicable diseases.
- Isolation methods.
- Standard safety measures (Universal precautions)
- Health education and messages for different communicable diseases
- Role and Responsibilities of Health worker/ANM

Epidemic Management

- Definitions and causes of epidemics.
- Epidemic enquiry in a community and epidemic mapping
- Relief work and role of health worker/ANM

Community Health Problems

- Care of the sick in the community
- Common health conditions in the community-danger signs of illnesses.
- Health assessment: Taking history, Physical examination: Vital signs. Weight, Height: Recognition of abnormalities
- Identification of health problems
- Management of the sick: home and community nursing procedures, care of the sick, referral
- Health education: Individual and family

Fever

- Vital signs: Temperature, pulse, respiration, blood, pressure
- Temperature Maintenance and the physiology of fever
- Fever: Types and stages
- Causes of fever- common conditions causing fever, malaria, typhoid, Acute respiratory Infection (

- ARI) etc
- Nursing management of patient with fever
- Alternate system of medicine

Respiratory problems

- Common respiratory problems: types, classifications-cold and cough, ARI, Asphyxia, tonsillitis, asthma, bronchitis Pneumonia and tuberculosis
- Causes, sign and symptoms, treatment of respiratory problems
- Management: Role and responsibilities of ANM/health workers in Care of respiratory problems including Home care remedies.
- Integrate accepted practices of AYUSH

Aches and pains

- Causes and nursing Management of: Tooth ache, ear ache, abdominal pain, headache, Joint pains.
- Management as per the standing orders and protocols
- Role of ANM/health worker in the community including Home care remedies
- Integrate accepted practices of AYUSH

Digestive problems

- Indigestion. anorexia, vomiting, distension and constipation
- Haemorrhoids. hernia, ulcers and intestinal obstruction
- Role of ANM/health worker in the community including Home care remedies
- Integrate accepted practices of AYUSH

Urinary problems

- Signs and symptoms of renal conditions
- Retention of urine, renal colic, edema
- Role of ANM/health worker in the community including Home care remedies
- Integrate accepted practices of AYUSH

Cardiovascular problem

- Signs and symptoms of cardiac conditions and blood related problems: heart attack, Chest pain, anemia, Hypertension and leukemia
- Care of a cardiac patient at home
- Role of ANM/health worker in the community including Home care remedies
- Integrate accepted practices of AYUSH

Diseases of the nervous system

- Signs and symptoms of neurological problems-Headache, Back ache and paralysis
- Care of a patient with Stroke at home.
- Care of pressure points, back care, Changing of positions, active and passive exercises, body support to prevent contractures.
- Role of ANM/health worker in the community including Home care remedies
- Integrate accepted practices of AYUSH

Metabolic diseases

- Diabetes - signs and symptoms, complications diet and medications
- Skin care, foot care
- Urine testing and administration of Insulin injection.
- Integrate accepted practices of AYUSH
- Diseases of musculo skeletal system Signs and symptoms of sprain, tear of ligaments and arthritis.
- Integrate accepted practices of AYUSH

Care of handicap

- Handicaps-different types
- Understandings the Handicapped person Helping family to Ensure need based care.

Primary Medical Care:

Types of drugs

- Different Systems of medicine: allopathic and Ayush
- Classifications of drugs
- Forms and characteristics of drugs
- Abbreviations used in medication
- Administration of drugs: Policies and regulations, as per protocols and standing orders
- Calculation of dosage

Administration of drugs

- Routes of administration -Oral, parenteral (intradermal, intramuscular, subcutaneous, Intra venous),rectal, local and others
- Administration of drugs: Precautions, principles
- Observations and recording.

Drugs used in minor ailments

- Common drugs for fever, cold and cough, aches and pains etc
- Drug kit in the sub centre content and its use
- Storage and care of drugs

Common emergency drugs

- Methergine, misoprostol injection oxytocin, IV fluids, antibiotics ,Injection and magnesium sulphate deriphylline, avil and other antihistaminic, vitamin K, antirabies vaccine, anti snake venoms as per the protocol
- Precautions for administration
- Storage and Care of emergency drugs

First Aid and Referral

Need for First Aid

- Principles of first aid
- Mobilization of resources
- First aid kit & supplies
- Bandages: Types, Uses
- Principles and methods of bandaging

Minor Injuries and ailments

- Cuts and wounds: types, principles and First aid care
- Foreign bodies
- Burns and scalds types, principles and First aid care
- Health education

Fractures

- Skeletal system and different bones
- Fractures: Types Causes, signs and symptoms, first aid care
- Methods of Immobilization and Transportation

Life Threatening Conditions

- Bleeding
- Drowning Strangulation, Suffocation and asphyxia
- Loss of consciousness
- Convulsions Foreign bodies Chest injuries
- Shock and allergic conditions
- Poisoning, bites and stings
- Stroke
- Heatstroke

- Severe burn

Child Health Nursing

Growth & development

- Introduction to Growth and development
- Factors affecting growth and development
- Growth and development in infants and children: Assessment
- Physical, psychological and Social development of children
- Monitoring and recording of growth and development of infants and children
- Care of infants and children - play, hygiene, emotional needs training for bowel and urination
- Accidents: causes, precautions and prevention.
- Congenital anomalies

Nutrition of infants and children

- Exclusive Breast feeding
- Nutritional requirements
- Complementary feeding
- Problems of feeding
- Breast feeding Counselling
- Infant feeding and HIV
- Baby friendly Hospital initiative

Children's Rights

- Convention of Rights of the Child
- Prevention of child labour
- Abuse and legal protection
- Special care of girl child.
- Female infanticide

Care of the sick child

- Common childhood disorders :
- Signs, symptoms and management
- Vaccine for Preventable diseases
- Acute Respiratory Tract infections
- Diarrhoea vomiting, constipation
- Tonsillitis and mumps

Care of School children

School health:

- Objectives, problems and programmes, environment of school
- Assessment of general health of School children
- Dental and eye problems
- Nutritional deficiencies
- School health education for children
- Need based sharing of health information with teachers/ parents/children
- Records and reports

Care of adolescents

- Physical growth during adolescence
- Emotional and behavioural changes in girls and boys
- Special needs of adolescents.
- Sex education for adolescents.
- Counselling

Care of adolescent girls

- Menstruation and menstrual hygiene

- Special nutritional needs
- Early marriage and its effects
- Adolescent girls: pregnancy and abortion
- Preparing for family life- pre marital counseling.
- Role of ANM/ Female health worker

Midwifery

Human Reproductive System

- Female reproductive organs - structure and function
- Menstrual cycle
- Male reproductive organs structure and functions
- Process of conception

Female Pelvis and foetal skull

- Structure of the pelvic bones-types of pelvis
- Pelvic diameters
- Muscles and ligaments of pelvic floor
- Foetal skull : bones, diameters, sutures, size, shape, moulding, skull areas, fontanelles

Foetus and placenta

- Growth and Development of foetus, foetal sac and Amniotic fluid and foetal circulation and changes after birth
- Structure and Functions of placenta, membranes and Umbilical cord and abnormalities

Normal pregnancy

- Signs and symptoms of pregnancy
- Various diagnostic tests for confirmation of pregnancy
- Physiological changes during pregnancy
- Minor ailments during pregnancy and their management

Antenatal Care

- Registration
- Taking history of a pregnant woman.
- Physical examination, Investigation- routine and specific
- Prophylactic medications
- Need based health information and guidance
- Nutrition in pregnancy
- Special needs of a pregnant woman.
- Involvement of husband and family.
- Identification of high risks cases and referral
- Preparation of mother for delivery.

Normal Labour

- Onset and stages of labour, physiological changes
- Changes in Uterine muscles, and cervix
- Lie, attitude, position, denominator and presentation of foetus
- Foetal skull
- Mechanisms of labour
- Identification of high risk cases, foetal distress and maternal distress during labour
- Partograph in the Management of the Normal labour
- Role of ANM/Female Health worker and referral

Care during normal labour

- History of labour
- Importance of five 'C's
- Monitoring progress of labour with partograph

- Preparation for delivery
- Care of mother in First and second stage of labour
- Assist and conduct childbirth
- Immediate care of new-born- resuscitation, apgar score, cord care
- Oxytocin Misoprostol drugs: Dose, route, indication, contraindication, action, side effects precautions, role and responsibilities of ANM/FHW
- Delivery of placenta and examination of placenta
- Care of mother in third and fourth stage: Recognise degrees of tear and appropriate care and referral
- Establishment of breast feeding, exclusive breast feeding
- Kangaroo mother care
- Baby friendly hospital initiative
- Record childbirth and ensure birth registration

Normal puerperium

- Physiological Changes during postnatal period
- Postnatal assessment
- Minor ailments during puerperium and their management
- Care of mother-diet, rest, exercise, hygiene
- Management of breast feeding.
- Prophylactic medicines
- Special needs of postnatal women
- Need based health education.

Care of New-born

- Assessment of new born for gestation age, risk status and abnormalities
- Neonatal resuscitation
- Monitoring of vital signs and birth weight
- Management of normal new-born and common minor disorders.
- Exclusive Breast feeding and management
- Temperature maintenance, kangaroo mother care
- Immunization
- Care of newborn: Jaundice, infection, respiratory problems
- Principles of Prevention of infection
- Educating mother to Look after babies.
- Integrate accepted practices of AYUSH

High risk New Born

- Preterm/Low Birth weight babies.
- Special needs of high risk babies
- Care at home-referral and follow up
- Care during asphyxia, convulsions, vomiting.
- Care for thrush, cord sepsis, diarrhoea.
- Implementation IMNCI protocol

Safe mother-hood

- Concept and cause of maternal mortality and morbidity
- Safe motherhood components: RCH and NRHM
- Preventive measures
- Role of ANM/ Female Health worker

High risk pregnancies

- Identification of Risk factors, decision making, and management.
- Protocols and standing orders
- Counselling and guidance about high risk conditions
- Involvement of husband and family
- Role of ANM/Female Health worker

Abnormalities of pregnancy

- Common abnormalities of pregnancy: hyperemesis gravidarum, leaking and bleeding per vagina
- Anaemia of pregnant woman
- Eclampsia and pre eclampsia and toxemia of pregnancy
- Indication of premature rupture of membranes, prolonged labour, anything requiring manual intervention, UTI, puerperal sepsis.

Obstetrical shocks:

- Uterine abnormalities, ectopic pregnancy
- Diseases complication pregnancy-TB, diabetes.
- Hypertension
- Infections during pregnancy-RTI/STIs malaria, HIV, AIDS
- Rh factor
- Standing orders and protocols
- Role of ANM/Female Health worker

Abortion

- Types of abortion, causes of abortion
- Need for safe abortion, Referral
- Complications of abortions
- Medical termination of pregnancy
- Care of woman who had abortion
- Role of ANM/Female Health worker

Abnormal child birth

- Common abnormalities of childbirth
- Abnormal presentations
- Abnormal uterine actions
- Cephalo pelvic disproportion
- Prolonged labour
- Identification, immediate management and referral

Abnormal Puerperium

- Postpartum haemorrhage and its management.
- Puerperal sepsis and its management
- Retention of urine
- Breast complications during lactation
- Psychiatric complications

Surgical Intervention (Brief about)

- Induction of labour and its management
- Forceps and Vacuum extraction
- Episiotomy and suturing
- Craniotomy
- Caesarean section
- Pre and post operative care.

Medications used in midwifery

- Pain relieving drugs
- Anaesthetic drugs
- For uterine contractions
- For controlling bleeding
- For preventing post natal infection.
- For preventing eclampsia
- Antibiotics
- IV fluids

Life cycle approach

- Quality of life and life expectancy
- People's health throughout the life cycle
- Role of education, economic status, social status on quality of life
- Holistic approach to life.

Status of women and empowerment

- Status of women in society
- Factors affecting status –gender bias, sex selection tests, female foeticide and infanticide , sex ratio discrimination and exploitation
- Effect of tradition, culture and literacy
- Relationship between status of women and women's health.
- Effects of women's health in community : single, divorced, deserted woman, widows special needs
- Laws related to women.
- Programmes for women's empowerment.

Women's health problems

- Complications related to child birth-WF, RVF, prolapsed and incontinence.
- Cervical erosion and leucorrhoea pruritus
- Cancers-cervical and breast:
- Pap smear for detection of cancer cervix
- Tumours-fibroids
- Menstrual disorders
- Menopause and its complications.

RTIs and STIs

- Causes and signs and symptoms of STIs and RTIs
- Syndromic approach for treatment
- Referral treatment and follow up care.
- Information, education and communication for Prevention and treatment.

HIV/AIDS

- Epidemiological facts related to spread of infection
- Methods of transmission
- Effect on immunity and signs and symptoms
- The AIDS patient community support and home care
- Counselling: process and techniques
- Counselling of HIV/ positive patients and pregnant women.
- Standard safety' measures
- Voluntary counseling and testing center (VCTC) / Integrated counseling and testing center (ICTC)activities
- Care continuum and Anti Retro viral Therapy (ART)
- Prevention of parent to child transmission (PPTCT):prophylaxis and breast feeding guidelines

Infertility

- Classification and Causes of infertility in male and female
- Investigation and treatment
- Identification of couples, counselling, Referral and follow up.
- Role of ANM/ Female Health worker

Population Education

- Population trends in India
- Vital statistics birth and death rates, growth rate, NRR, fertility rate, couple protection rate,
- Family size.
- National family Programme trends and changes RCH-I,
- RCH-II programme and NRHM/NUHM

- Target free approach for TW
- Role of mass media and IEC
- Role of ANM/ health worker

Family welfare

- Identification of eligible couples and those need contraceptive methods.
- Information related to contraception and importance of choice.
- Natural and temporary methods of contraception
- Permanent methods
- New methods nor- plant and injectables. Emergency contraception
- Follow up of contraceptive users.
- Counselling
- Role of ANM/female Health worker

Health Center Management

The sub center

- Organization of functions and facilities of sub centre
- Sub centre activity plans
- Conduction of a clinic and special programs and follow up
- Conducting meetings and counselling sessions.
- Sub centre action plan
- Information, education and communication
- Display of messages

Maintenance of stocks

- Maintenance of supplies, drugs, equipment, stock, indenting.
- Calculation of indent as per population requirement
- Management information and evaluation system(MIES)
- Maintenance of records.
- Reports of sub centre

Co- ordination

- Inter-sectoral co- ordination
- Role of NGOs and co-ordination with government departments.

Implementation of national health program

- National Health Programs and the Role of the ANM
- Detection, referral, treatment and follow up of cases of malaria, leprosy tuberculosis, blindness, goiter.
