

GURUKUL EDUCATIONAL AND RESEARCH INSTITUTE

DIPLOMA IN NURSING

Subject and Syllabus



2022-23

Syllabus

DIPLOMA IN NURSING

1ST YEAR

DURATION:- 2 YEAR

946 FUNDAMENTALS OF NURSING

Unit-I Introduction to Nursing

- Nursing: Definition, meaning, Nature, scope, principle sand History of nursing.
- Nurse: Definition and meaning, preparation of a nurse qualities-personal, professional.
- Ethics in nursing, Role and responsibilities of a nurse.
- Health care agencies: Hospital and community, Types of Hospitals and their functions.
- Holistic approach to nursing
- Comprehensive nursing care.

Unit-II Nursing care of the patient /Client

- Introduction to the sick and well.
- Determinants of health status.
- Patient/ Client: as an individual, member of the family, Society, effects of illness and hospitalization on patient and His family.
- Admission of a patient: patient's unit, set up and care Admission procedure, reception of patient, care of patient's Belongings.

Bed and Bed Making

- Principle of bed-making, factor to be considered In selecting and making bed, different types of beds And their uses.

Maintenance of therapeutic environment

- Temperature, light, noise and humidity.

Psycho social Environment

- Meaning and its importance, aesthetic
- Consideration in the environment, colour scheme, Beauty and flower arrangements.

Nursing Process and Nursing Care Plan

- Meaning , importance and steps in development.

Recording and Reporting

- Importance, types and nurses responsibilities.

Discharging a patient

- Preparation of the patient physically and mentally, Discharge procedure, hospital policies, preparation Of the patient's relatives for discharge.
- Follow up and Rehabilitation revisit, treatment Compliance and referral.

Unit-III Basic Nursing Care and Needs of the Patient

Hygienic Needs and physical needs

- Importance of maintaining good personal and environment hygiene in health and

disease.

- Nurse's role in maintaining good personal and environment hygiene
- Care of Skin and Mucous Membrane
- Bed bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and **feet**. Nutrition needs
- Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse,s role in maintaining good nutrition, feeding helpless patients, maintainance of intake and output record.

Elimination needs

- Problem in sickness: constipation and diarrhoea, retention and incontinence of urine.
- Nurse's role in meeting elimination needs.

Safety needs

- Environmental hazards, role of nurses in prevention of health hazards.
 - Interpersonal relationship, cultural/spiritual/religious needs.
- Activity and Exercises
- Importance of activity and exercise in health and sickness, active and passive exercise.

Physical Comforts

- Comfort: meaning and its importance in health and disease, factors promoting and inhibiting physical comfort, comfort devices and their uses, body mechanics, positions.

Moving, shifting and Lifting of patient

- Care of pressure points, bed sores: cause, signs, symptoms, prevention and nursing care.
- Shifting of patient from one side to another, from bed to wheel chair and bed to stretcher.

Unit-IV Assessment of Patient/ Client

- Principles and importance of assessment, methods of assessment: observation, palpation, auscultation, percussion, developing skill in observation.

Physical Assessment

- Height, weight, Posture,

speech Physiological Assessment

- Temperature, pulse, respiration and blood pressure
- Characteristics of normal and abnormal (T.P.R and B.P.) and factors influencing the variations.
- Urine stool, vomit, sputum, normal and abnormal behavior and its deviation

Unit-V Therapeutic Nursing Care and Procedures Asepsis

- Hand washing, hand scrubbing, use of mask, gown, gloves.
- Disinfection techniques, sterilization techniques.
- Autoclaving, boiling, flaming, ultra violet rays.

Care and Sterilization of:

- Linen, bed, mattress, floor, walls, cupboard and other articles.
- Rubber goods, dressing, instruments, needles, syringes enamel articles.
- Barrier Nursing and Isolation.

Care of Respiratory System

- Inhalation: dry inhalation, moist inhalation, jug, Nelson's inhaler, steam tent, electric inhalers, suction oro-nasal
- Collection of specimen of sputum for examination.

Care of Gastro Intestinal Tract

- Preparation and giving of enema: Retention enema, Evacuation enema, suppository, passing of flatus tube,

Care of Genito Urinary System

- Perineal care of terminally ill patient and patient with urinary catheter.
- Collection of specimens of urine and stool for routine and culture examination.

Care of Skin and Mucous Membranes

- Cold application: ice cap, cold packs, use of evaporating lotion.
- Hot application: use of hot water bottle, dry fomentation, moist fomentation, Medicated fomentation

Unit-VI Basic Needs and Care in Special Conditions

- Care of patient with fever, unconscious patient, patient with fluid imbalance, Patient with dyspnoea,
- Care of terminally ill patient.
- Care of physically handicapped.

Dying patient

- Signs and symptoms of approaching death, needs of dying patient and his relatives, Care of the dying, last offices, packing of dead bodies in non-communicable and communicable diseases.

Unit-VII Introduction to Pharmacology

- Concept of pharmacology.
- Classification of drugs.
- Administration of drugs.
- General action of drugs.
- Nursing implications in administration of drugs.

947 ANATOMY AND PHYSIOLOGY

Unit-I Introduction to anatomical terms

Unit-II Organization of body cells, tissues, organs, systems, membranes and glands

Unit-III Skeletal system

- Bones: types, structure, function
- Axial skeleton
- Appendicular skeleton
- Joints: classification, structure and function.

Unit-IV Muscular system

- Type, structure and functions.
- Position and action of chief muscles of the body.

Unit-V Cardio-Vascular system

- Blood: composition clotting and blood group, cross matching. Blood products and their use.
- Heart: position, structure, conduction system, Function and cardiac cycle.
- Blood Vessels: Structural differences and position of chief vessels
- Circulation of Blood: Systematic, pulmonary and portal circulation
- Blood pressure and pulse
- Lymphatic system: Lymph vessels, glands, ducts and lymph circulation, lymph tissues in the body, spleen.

Unit-VI Respiratory System

- Structure and functions of respiratory organs
- Physiology of respiration.
- Characteristics of normal respiration and its deviations.

Unit-VII Digestive system

- Structure and function of organs of digestive and accessory organs.
- Process of digestion and absorption.
- Metabolism: meaning and metabolism of food constituents.

Unit-VIII Excretory system

- Structure and functions of organs of urinary system
- Structure and functions of the skin
- Regulation of body temperature.
- Fluid and electrolyte balance.

Unit-IX Nervous System

- Type, structure and functions of neuron.
- Central Nervous System: Structure and functions.
- Autonomic Nervous System: Structure and functions.

Unit-X Endocrine System

- Structure and functions of pituitary, pancreas, thyroid parathyroid, thymus and supra renal glands.

Unit-XI Sense Organs

- Structure and functions of eye, ear, nose and tongue.
- Physiology of vision, hearing and equilibrium.

Unit-XII Reproductive System

- Structure and functions of reproductive and accessory organs.
- Process of reproduction, menstrual cycle and menopause
- reproductive health
- Structure and functions of male organ reproductive system.

Unit-I Introduction

948 NUTRITION & BIO-CHEMISTRY

- Changing concepts –food habits and customs.
- Relationship of nutrition to health.

Unit-II Classification of food

a. Classification by origin

- Food of animal origin
- Food of vegetable origin

949 BIO-CHEMISTRY

B.Classification by chemical composition and sources

Unit – I - Carbohydrates.

Unit – II - Proteins

Unit – III - Fats

Unit – IV - Minerals

Unit – V - Vitamins

Unit - VI - Water

C.Classification by predominant functions.

- Body building food
- Energy giving food
- Protective food

D.Classification by nutritive value

- Cereals and millets.
- Pulses (Legumes).
- Vegetables.
- Nuts and oil seeds.
- Fruits
- Animal food.
- Fats and oils
- Sugar and jiggery.
- Condiments and spices.
- Miscellaneous food

Unit-III Normal dietary requirements and deficiency diseases of each of the constituents of food

- The Calorie
- Nutritive value of food items and their measures used.
- Balanced diet.
- Method of calculating normal food requirements, influence of age, sex and activity.
- Factors affecting selection and planning of meals.
- Budgeting for food.
- Low cost menu.
- Diseases caused by deficiency of protein, fat, carbohydrates, minerals and vitamins.

Unit-IV Preparation, preservation and storage of food

- Principles of cooking.
- Methods of food preparation and their effects on food and food constituents, advantages and limitation of each.
- Household methods of preserving and storing food.
- Commercially prepared food and its adulteration.
- Precautions in selection, preparation and storage of food.

Unit-V Introduction to Diet Therapy

- Methods of modifying diet in relation to calorie value, by increasing or decreasing of constituents.
- Diet and the patient
- Environmental, psychological and cultural factors in acceptance of diet by the patient.
- serving of food.
- Feeding of helpless patients.
- Opportunities for teaching.

Unit-VI Community Nutrition

- Concept of community nutrition.
- Nutritional needs for special groups: infants, children, pregnant women, lactating mothers, old people etc.
- Nutrition education: needs and methods.
- Substitutes for non-vegetarian food.
- Methods of improving an ill-balanced diet.
- Food hygiene and laws related to food.

Unit-II Common preparations/ practicals

- Beverages: tea, coffee, barely water, fruit juice, shakes, lassi.
- Egg preparations: Scrambled eggs, egg flip, omlette, poached egg.
- Soups: tomato, bone, vegetable(s), liver etc.
- Light Diets: gruel, khichri, daliya, kanli, boiled vegetables, salads, custards etc. (As per the regional preferences)

950 COMMUNITY HEALTH NURSING-I

Unit-I Introduction to Community Health and Community Health Nursing

- Health and disease.
- Community, community health, community health nursing.
- Dimensions of health.
- Health determinants.
- Indicators of health.
- Levels of health care.
- Primary healthcare: Elements and principles, Nurse's role

In primary health care.

- Health for all by 2000 A.D.
- Evolution and development of community health nursing

In India and its present concept.

- Differences between institutional and community health nursing.
- Community health team functioning
- Philosophy, goals, objectives and principles of community

Health nursing practice.

- Qualities and functions of a community health nurse.

Unit-II Community Health Nursing Process

- Concepts and definition
- Importance of the community health nursing process.
- Steps of the process: Community identification, population

Composition, health and allied resources, community Assessment , planning and conducting community health Nursing care services.

Unit-III Health Assessment

- Characteristics of healthy individual.
- Identification of deviation from normal health.

Unit-IV Principles of epidemiology and Epidemiological Methods

- Definition and aims of epidemiology.
- Basic tools of measurement in epidemiology.
- Uses of epidemiology.
- Disease cycle.
- Spectrum of disease.
- Levels of prevention of disease.
- Disease transmission- direct and indirect.
- Immunity
- Immunizing agents and immunization schedule.
- Control of infectious diseases.
- Disinfection.

Unit-V Family Health Nursing care

- Concepts, goals, objectives, family as a unit of health

family Health care services .

- Family health and nursing care process – Family health

Assessment, family care plan.

- Family health services – Meterial, child care and

Familywelfare services.

- Roles and function of a community health nurse in family

Health services.

- Family health records.

Unit-VI Family Health care Settings

Home Visiting

- Purposes
- Principles
- Planning and evaluation.
- Bag technique

Clinic

- Purposes
- Types of clinics and their functions.
- Setting up of various clinics.

Unit-VIII Records and Reports

- Types of records.
- Uses of records.
- Essential requirements of records.
- Cumulative records.
- Design of cards/ records.

Unit-IX Minor Ailments

- Classification
- Early detection and management.



DIPLOMA IN NURSING

1ST YEAR

951 PERSONAL HYGIENE

Unit-I Introduction

- Concept of health and its relation to successful living.

Unit-II Maintenance of Health

- Determinants of health, building of good health habits
Immunization, correction of defects, maintenance of health
Records.

Unit-III Physical Health

- Care of skin, hair, teeth, eyes, ears, hands and feet, Rest
And sleep, exercise, activity, recreation, posture, nutrition,
Elimination, menstrual hygiene.

Unit-IV Mental Health

- Characteristics of mentally healthy person.
- Mental hygiene in intrauterine, infancy, childhood,
Adolescence, adulthood and old age.

952 SOCIOLOGY

Unit-I Introduction

- Concept scope nature and importance of sociology in
Nursing.

- The socio-cultural and economic aspects of the community
And their effects in health and illness.

Unit-II The Individual

- Brief review of human growth and development
- Effect of environment on childhood, adolescence, adulthood
And old age.
- The right and responsibilities of the individual in a
Democratic society.

Unit-III The Family

- Family as a social institution and basic unit for health services.
- Basic needs of family, its structure and relationships.
- Family life education: pre-marriage and parenthood.

Unit-IV The Society

- Concept
- Group: Types, Structure, inter-group relationship, group

Cycle, group behaviour and group morale

- Social changes, social control, social stratification.
- Rural and urban society.
- Social problems: unmarried mothers, dowry system,
Prostitution, drug addiction, alcoholism, delinquency,

Handicapped, child abuse, women abuse.

- Social agencies and remedial measures.

Unit-V The Community

- Definition, characteristics and culture.

Unit-VI Economy

- Resources of the country: natural, occupational
Agricultural, industrial etc.
- Social Security

- Population explosion: Its effect on economy and the need For population control.
- Budgeting for a family, per capital income and its impact On health and illness.

953 PSYCHOLOGY

Unit-I Introduction

- Definitions, scope of psychology and its importance in Nursing profession.

Unit-II Psychology of Human Behaviour

- Dynamics of behaviour, motivation and behavioral process Of adjustment , adjustments and mal-adjustments, Unconscious behaviour.
- Frustration: sources and nature of frustration, measures to Overcome frustration.
- Conflicts; types, unconscious conflict, resolution, conflict and Nursing.
- Adjustment Mechanism: meaning, types and importance
- Emotions: in health and disease, emotional situations, Control of emotions, effect of emotional reactions on health.
- Attitudes: meaning, development, changes in attitude, Attitude and nursing.
- Habits: formation, types, effective habit formation, Advantages and disadvantage of habit formation.

Unit-III Learning

- Nature of learning, laws and types of learning, factors Promoting effective learning, memory and forgetfulness.
- Thinking and reasoning.
- Nature and type of thinking
- Problem solving and reasoning.

Unit-IV Observation

- Attention and perception, factors affection attention and Observation and errors in reasoning.

Unit-V Intelligence

- Definition, individual difference in intelligence.
- Mental ability and nature of intelligence.
- Measurement of intelligence .
- Development of intelligent behaviour.

Unit-VI Personality

- Meaning, types, factors affecting development of Personality.
- Characteristics of various age group: child, adolescent, Adult and aged.
- Will and character.

954 PAEDIATRIC NURSING

Unit-I Introduction

- Concept in child health care
- Trends in paediatric nursing
- Role of paediatric nurse in child care.
- Child care in India.
- Emerging challenges, nursing process related to paediatric Nursing.
- Concept of preventive paediatrics.
- Vital statistics.

Unit-II the Newborn

A. Characteristics of New Born and Physiological Status of The new born

- Assessment of the new born: head to toe assessment (physical assessment), neurological assessment.
- Nursing care of the normal/healthy new born Including home care.
- Breast feeding-concept of Baby friendly Hospital Initiative.

B. Common health problems-medical and nursing management of:

- Hyperbilirubinaemia, hemolytic disorder, neonatal hypoglycaemia, Sepsis, oral thrush, impetigo, erythema toxicum, hypothermia, Neonatal convulsions.

- Birth injuries ; injuries of muscles and peripheral nerves, injuries of bones, soft tissue injury and injury of nervous system.

c. High Risk New Born

- Definition: small for dates, Low birth weight
- Common health problems of pre-term, post term and low birth weight infants and their High risk to new born of HIV +ve mother, diabetic mother, its medical and nursing care.

Unit-III The Healthy child

- Growth and development: Definition, principles, factors affecting growth and development, Techniques of assessment of growth and development, importance of learning about growth And development.

The Infant

- Growth and development during Infancy.
Health Promotion during infancy
- Nutrition counseling and weaning, immunization.
- Safety and security including prevention of accidents, play and toys.

The Toddler

- Growth and development of toddler.
- Health promotion during toddler hood, nutrition counseling, Toilet training, immunization, safety and prevention of accidents, guidance to parent on toddler's Care, play and toys.

The pre-Schooler

- Growth and development during pre-school years.
- Health promotion during pre-school years, nutritional guidance, safety and security, Day care centres/nursery school, play , role of parents in sex education of child.

The School ager

- Physical, psychological and moral development during school age years.
- Health promotion during school years, nutritional guidance, sleep and rest, physical exercise and Activity, dental health, sex education, play, role of parents in reproductive child health.

The Adolescent

- Physical changes, physiological and reproductive changes, reaction of adolescents to puberty.
- Health promotion during adolescence.
- Nutritional guidance, personal care, reproductive health/sex education, Role of parents in health

Promotion of adolescents.

Unit-IV The Sick Child

- Child's reaction to hospitalization.
- Effects of hospitalization on the family of the child.
- Role of nurse in helping child and family in coping with stress of hospitalization and illness.

Nursing interventions and adaptations in nursing care of sick child

- Examination, principles of safety observed in paediatric techniques.
- Preparation of child for diagnostic tests, collection of specimens.
- Calculation and administration of oral and parenteral medications.
- Procedures related to feeding: formula preparation, gavage, gastrostomy feeding.
- Procedures related to elimination: enema, colostomy irrigation.
- Use of play as nursing intervention
- Care of child in incubator.
- Administration and analysis of Oxygen concentration.
- Surgical dressing
- Steam tent inhalation.
- Immobilised child
- Phototherapy.

Unit-V Behavioural Disorders and common Health Problems during Childhood, Their Prevention, Medical and Nursing Management

Infancy

- Nutritional disturbances, allergies, dermatitis, vomiting, diarrhea, failure to thrive, Resistance to feeding, colic, anxiety.

Early Childhood

- Communicable diseases, poisoning, tonsillitis, otitis, media, urinary tract infections, diarrhea, Child abuse, breath holding spells, bed wetting, thumb sucking, nail biting, temper tantrums, Masturbation

Later Childhood

- Problems of pubertal development: Precocious puberty tall stature, gynaecomastia, acne, Amenorrhoea, dysmenorrhoea, sexually transmitted diseases, accidents, sports injuries, Juvenile delinquency, anorexia nervosa, obesity.

Unit-VI Children with congenital Defects/Mal formations

- Etiology, signs, symptoms, complications, medical, surgical and nursing

Management of:

- Malformations , of the central nervous system-cranial deformities, defects of spinabifida, Meningocele, hydrocephalus, cerebral palsy, neural tube closure.
- Skeletal defects-cleft lip and palate.
- Defects of Gastro-intestinal tract- Oesophageal atresia and distula, anorectal Malformations, hernia, congenital hypertrophied pyloric stenosis.
- Defects of bladder, phimosis, cryptorchidism, polycystic kidney.
- Sexual abnormalities – ambiguous genitalis, hermaphroditism.
- Defects of cardio-vascular system- Congenital heart diseases, major Acyanotic and cyanotic defects.
- Orthopaedic Abnormalities – club foot, developmental abnormalities of Extremities.

Unit-VII Children with various disorders and diseases

- Etiology, signs, symptoms, complications, prevention, medical, surgical and nursing Management of:
 - Disturbances of fluid and electrolyte balance: imbalance, burns, disturbance of renal function, Acute and chronic glomerulonephritis, acute and chronic renal failure.
 - Disturbed respiratory functions: Acute infections of upper and lower respiratory tract, Acute inflammation of lungs.
 - Gastro-intestinal disorders: Malabsorption syndromes(celiac diseases) and obstructive Disorders(Intestinal obstruction, Hirschsprung's disease(Intestinal obstruction, Hirschsprung's Disease) inflammatory conditions (appendicitis, Meckel's diverticulum, ulcerative colitis), worm Infestations.
 - Problems related to the elements of blood: Anaemias, sickle cell anaemia, thalassemia, defects Of haemostasis, haemophilia, Immune deficiency diseases, HIV infection (AIDS), leukemias, Thrombocytopaenia, purpura.
 - Disturbances of regulatory mechanism: disturbances of cerebral functions-altered state of Consciousness, craniocerebral trauma.
 - Intracranial infections: Meningitis, encephalitis, convulsive disorders.
 - Endocrine dysfunctions: Disorder of pituitary functions, disorders of thyroid and parathyroid Function, disorders of adrenal cortex, disorders of pancreatic hormone secretion.
 - Problems that interfere with locomotion: Polymyelitis, osteomyelitis, kyphosis, lordosis and scoliosis, Rheumatoid arthritis.
 - Children with developmental problems: Handicapped children, multiple handicapped children, Mental retardation.
 - Communication disorders – hearing, vision impairment, deaf and blind children.

Unit-VIII Welfare of Children

- Child welfare services, agencies, balwadi, anganwadi, day care centres, midday meal programme.
- Welfare of delinquent and destitute children.
- Programme and policies for welfare of working children.
- National child labour policy
- Child Act. Juvenile Justice Act.
- Internationally accepted rights of the child.

955 MENTAL HEALTH AND PSYCHIATRIC NURSING

Unit-I Introduction

- Meaning of mental health and mental illness.
- Definition of terms used in psychiatry.
- Review of mental mechanisms (ego mechanisms).
- Review of personality and types of personality.

Unit-II History of psychiatry

- Contributors to psychiatry.
- History of psychiatric nursing.
- Trends in psychiatric nursing.

Unit-III Mental Health assessment

- Psychiatric history taking
- Interview technique and mental status examination.

Unit-IV Community Mental Health

- Concept, importance and scope.
- Attitude and misconceptions towards mentally ill.
- Prevention of mental illness(Preventive Psychiatry) during childhood, Adolescence, adulthood and old age.
- Community mental health services.
- Role of nurses in community mental health services.

Unit-V Psychiatric Nursing Management

- Definition of psychiatric nursing.
- Principles of psychiatric nursing.
- Nursing process.
- Role of nurses in providing psychiatric nursing care.
- Therapeutic nurse-patient relationship.
- Communication skills.

Unit-VI Mental Disorders and Nursing Intervention.

- Etiology- various etiological theories(genetics, biochemical, psychological, etc.)
- Classification of mental disorders.
- Organic mental disorder-Acute brain syndrome.
- Chronic brain syndrome.
- Functional Mental Disorders.
- Prevalence, etiology, signs and symptoms, prognosis, medical and nursing management.
- Schizophrenic disorders.

- Mood (affective) disorders.
- Manic Depressive Psychosis.
- Anxiety states.

Definition, etiology, signs, symptoms, medical and nursing management of:

Phobic disorders, obsessive compulsive disorders, depressive neurosis, conversion disorders, Dissociative reaction, hypochondriasis, Psychosomatic disorders, alcohol, drugs and other Psychoactive substance abuse.

Unit-VII Bio-Psychosocial Therapies

Psychopharmacology

- Definition, classification of drugs, antipsychotic, antidepressant, Antimanic, antianxiety agents.
- Role of nurse in psychopharmacology.

Psychosocial therapies

- Definition of psychosocial therapies.
- Types of therapies: individual and group therapy behavior therapy,

Occupational therapy.

- Role of nurse in these therapies.

Somatic therapy

- History, technique of electro-convulsive therapy(ECT), Indications, contraindications.
- Role of nurses before, during and after electroconvulsive therapy.

Unit-VIII Forensic Psychiatry / Legal Aspects.

- Legal responsibilities in care of mentally sick patients
- Procedure for admission and discharge from mental hospital, leave of absence.
- Indian Lunatic Act 1912
- Mental Health Act 1987
- Narcotic Drugs and Psychotropic Act 1985.

Unit-IX Psychiatric Emergencies and Crisis Intervention

- Over active patient
- Destructive patient
- Suicidal patient

PRACTICAL WORK

Student will work in ward/ health center with Ward Sister/ Public Health Nurse assisting her in carrying out her duties, to get experience in maintain ward inventory supplies, Preparation of duty roster and solving problems. Students will also get experience

Of working in the hostel kitchen, clinics and in camps organized by the hospital.

Group Project

Project are to be undertaken by individual or group of student in related fields on a Selected topic or problem and solving the problem by using problem solving technique And submitting a written report of the same to the concerned teacher in the selected clinical Area. This experience may be planned as part of the experience in various clinical areas and Proper experience record should be maintained

