



## SYLLABUS

### General Nursing and Midwifery (GNM) Detailed Three-Year Syllabus

---

#### First Year (Semester I & II)

##### Semester I

#### 1. Introduction to Anatomical Terms and Organization of the Human Body

- **Unit 1: Definition and Scope of Anatomy**
  - Introduction to human anatomy
  - Importance and applications in nursing
- **Unit 2: Basic Anatomical Terminology**
  - Anatomical positions and directional terms
  - Body planes and sections
- **Unit 3: Structural Organization of the Human Body**
  - Levels of organization: cells, tissues, organs, systems
  - Overview of major body systems
- **Unit 4: Body Planes and Sections**
  - Sagittal, coronal, and transverse planes
  - Anatomical sections and their significance

#### 2. Micro-Organisms

- **Unit 1: Classification of Micro-Organisms**
  - Bacteria: types and characteristics
  - Viruses: structure and replication
  - Fungi: types and infections
  - Parasites: classification and life cycles
- **Unit 2: Morphology and Physiology of Bacteria**
  - Bacterial cell structure
  - Growth and reproduction of bacteria
- **Unit 3: Pathogenicity and Virulence Factors**
  - Mechanisms of microbial pathogenicity
  - Host-microbe interactions
- **Unit 4: Normal Flora and Pathogenic Micro-Organisms**

- Role of normal flora in health
- Pathogenic micro-organisms and their impact on health

### 3. Control and Destruction of Microbes

- **Unit 1: Sterilization and Disinfection Techniques**
  - Methods of sterilization: physical and chemical
  - Principles of disinfection
- **Unit 2: Asepsis and Antisepsis**
  - Techniques to maintain asepsis
  - Use of antiseptics in healthcare
- **Unit 3: Methods of Controlling Microbial Growth**
  - Physical agents: heat, radiation
  - Chemical agents: disinfectants, antibiotics
- **Unit 4: Principles of Microbial Control in Healthcare Settings**
  - Infection control policies and procedures
  - Role of healthcare workers in preventing infections

### Semester II

#### 4. Introduction to the Detailed Structure of the Body

- **Unit 1: Skeletal System**
  - Bones: types, structure, and function
  - Joints: types and movements
- **Unit 2: Muscular System**
  - Types of muscles: skeletal, smooth, cardiac
  - Muscle structure and function
- **Unit 3: Cardiovascular System**
  - Heart anatomy and physiology
  - Blood vessels and circulation
- **Unit 4: Respiratory System**
  - Structure and function of respiratory organs
  - Mechanism of breathing and gas exchange

#### 5. Immunity

- **Unit 1: Basic Concepts of Immunology**
  - Definition and types of immunity
  - Components of the immune system
- **Unit 2: Innate Immunity**
  - Physical and chemical barriers
  - Cells involved in innate immunity
- **Unit 3: Adaptive Immunity**
  - Antigen-specific immune responses
  - Role of B cells and T cells
- **Unit 4: Mechanisms of Immune Response**
  - Antigen processing and presentation
  - Immunological memory and tolerance

## 6. Practical Microbiology

- **Unit 1: Laboratory Techniques in Microbiology**
    - Microscopy: types and uses
    - Staining techniques: Gram staining, acid-fast staining
  - **Unit 2: Cultivation and Identification of Micro-Organisms**
    - Culture media: types and preparation
    - Isolation and identification of bacteria
  - **Unit 3: Antibiotic Sensitivity Testing**
    - Methods of testing antibiotic sensitivity
    - Interpretation of results
  - **Unit 4: Infection Control Practices**
    - Standard precautions in healthcare
    - Role of microbiology in infection control
- 

## Second Year (Semester III & IV)

### Semester III

#### 1. Behavioural Sciences

- **Unit 1: Introduction to Psychology and Sociology**
  - Basic concepts in psychology
  - Introduction to sociology and its relevance to nursing
- **Unit 2: Human Behavior and Development**
  - Theories of human development
  - Stages of development and their characteristics
- **Unit 3: Theories of Personality and Motivation**
  - Major theories of personality
  - Motivation: types and theories
- **Unit 4: Stress, Coping Mechanisms, and Mental Health**
  - Types of stress and stressors
  - Coping strategies and mental health promotion

#### 2. Definition, Characteristics, and Types of Family

- **Unit 1: Family Structure and Functions**
  - Definition and types of families
  - Roles and responsibilities within the family
- **Unit 2: Types of Families**
  - Nuclear family
  - Extended family
  - Joint family
  - Blended family
- **Unit 3: Family Dynamics and Relationships**
  - Interpersonal relationships within the family
  - Impact of family dynamics on health
- **Unit 4: Role of Family in Health and Illness**

- Family support and caregiving
- Family health promotion and education

### **3. Patient Environment in the Hospital: Patients Unit**

- **Unit 1: Components of the Patient Unit**
  - Bed and bedding
  - Furniture and equipment
- **Unit 2: Environmental Factors Affecting Patient Care**
  - Lighting, ventilation, and temperature
  - Noise control and privacy
- **Unit 3: Hospital Hygiene and Safety**
  - Infection control in the patient unit
  - Safety measures for patients and staff
- **Unit 4: Managing the Patient Environment for Comfort and Recovery**
  - Creating a therapeutic environment
  - Addressing patient comfort and needs

### **Semester IV**

#### **4. Review of Human Growth and Development**

- **Unit 1: Stages of Human Growth and Development**
  - Infancy and childhood
  - Adolescence and adulthood
  - Old age
- **Unit 2: Physical, Cognitive, and Psychosocial Development**
  - Major developmental milestones
  - Factors influencing development
- **Unit 3: Theories of Human Development**
  - Overview of developmental theories
  - Application of theories in nursing practice
- **Unit 4: Developmental Milestones and Their Importance in Nursing**
  - Recognizing and supporting developmental milestones
  - Assessing developmental progress

#### **5. Nursing – Concept, Meaning, Definitions, Scope, and Functions**

- **Unit 1: Historical Development of Nursing**
  - Evolution of nursing practice
  - Key figures in nursing history
- **Unit 2: Definition and Scope of Nursing**
  - Nursing as a profession
  - Roles and responsibilities of nurses
- **Unit 3: Ethical and Legal Aspects of Nursing Practice**
  - Ethical principles in nursing
  - Legal responsibilities and accountability
- **Unit 4: Nursing Functions and Scope of Practice**
  - Direct and indirect patient care activities
  - Scope of practice in different healthcare settings

## 6. Care of Patients with Respiratory Problems/Dyspnea

- **Unit 1: Anatomy and Physiology of the Respiratory System**
  - Structure of the respiratory organs
  - Function and mechanism of breathing
- **Unit 2: Common Respiratory Disorders and Their Management**
  - Asthma, COPD, pneumonia, and tuberculosis
  - Nursing interventions and management strategies
- **Unit 3: Nursing Assessment of Respiratory Problems**
  - Assessment techniques and tools
  - Identifying signs and symptoms of respiratory distress
- **Unit 4: Use of Oxygen Therapy and Respiratory Support Devices**
  - Types of oxygen therapy
  - Indications and administration of respiratory support

---

## Third Year (Semester V & VI)

### Semester V

#### 1. Hospital Admission and Discharge

- **Unit 1: Procedures for Patient Admission**
  - Admission process and documentation
  - Orientation to hospital policies and procedures
- **Unit 2: Procedures for Patient Discharge**
  - Discharge planning and education
  - Continuity of care and follow-up
- **Unit 3: Documentation and Record-Keeping**
  - Importance of accurate documentation
  - Legal aspects of record-keeping
- **Unit 4: Patient Education and Discharge Planning**
  - Educating patients and families
  - Developing discharge plans

#### 2. Introduction to Computers and Disk Operating Systems

- **Unit 1: Basic Computer Concepts and Terminology**
  - Overview of computer hardware and software
  - Introduction to computer networks
- **Unit 2: Overview of Computer Hardware and Software**
  - Types of computers and their components
  - Common software applications in healthcare
- **Unit 3: Introduction to Operating Systems and Disk Management**
  - Functions of an operating system
  - Disk management and file systems
- **Unit 4: Use of Computers in Healthcare**
  - Electronic health records (EHR)
  - Telemedicine and healthcare informatics

## Semester VI

### 3. Nursing Management of Patients with Metabolic and Endocrine Disorders

- **Unit 1: Anatomy and Physiology of the Endocrine System**
  - Structure and function of endocrine glands
  - Hormonal regulation and feedback mechanisms
- **Unit 2: Common Metabolic and Endocrine Disorders**
  - Diabetes mellitus, thyroid disorders, adrenal disorders
  - Nursing care and management
- **Unit 3: Nursing Assessment of Metabolic and Endocrine Disorders**
  - Assessment techniques and tools
  - Recognizing signs and symptoms of endocrine disorders
- **Unit 4: Patient Education and Lifestyle Modifications**
  - Educating patients on disease management
  - Promoting healthy lifestyle changes

### 4. Nursing Administration & Ward Management

- **Unit 1: Principles of Nursing Administration**
  - Leadership and management theories
  - Roles and responsibilities of nurse managers
- **Unit 2: Leadership and Management Skills**
  - Communication and interpersonal skills
  - Decision-making and problem-solving
- **Unit 3: Ward Management and Organization**
  - Planning and organizing nursing care
  - Managing resources and staff
- **Unit 4: Supervision and Delegation in Nursing Practice**
  - Supervisory skills and techniques
  - Effective delegation and team management