

SYLLABUS OF DIPLOMA IN UNANI NURSING & MIDWIFERY

First Year:

- i. Mubadiyat Tib (Basic Principles of Unani Medicine) and Arabic
- ii. Mubadiyat Tamreez
(Fundamental of Unani nursing, first aid & emergency nursing)
- iii. Tashreeh wa Manafe-ulAza (Anatomy & Physiology)
- iv. Behavioural Sciences
[Nafsiyat (Psychology) & Samajiyat (Sociology)]
- v. Samaji aur Hifzane Sahat
(Community Health Nursing, Environmental Hygiene, Health Education & Communication Skills, Nutrition)
- vi. Tamreeze Advia wa Saidla (Nursing Unani Pharmacology)

Second Year:

- i. Tamreez-e-Moalijati wa Jarahi-I
(Medical Surgical Nursing)
- ii. Tamreez-e-Moalijati wa Jarahi-II
(Medical Surgical Nursing including Ilaj bil Tadbeer)
- iii. Tamreeze Tib-al-Atfal (Paediatric Nursing)
- iv. Tamreeze Sehate Aqliya (Mental Health Nursing)
- v. Niswan wa Qabla Tamreez
(Obstetrics & Gynecological Nursing)
- vi. Idarah-waTadabeer-e Tamreez (Administration and Ward Management)

First Year

Paper-I **Mubadiyat Tib** **(Basic Principles of Unani Medicines)**

- a) Introduction of Unani Medicines Definition of Tib and its aims and adjectives.
- b) History of Unani Pharmacy.
- c) Introduction of different subjects of Tib.
- d) Definition of Tabiyat and Umoor-e-Tabiyah.
- e) Definition of Arkaan, Number (Different theories and Mizaj of Arkaan.
- f) Mizaj-Definition, types and Importance Imzijah Asnan, Aqaalim.
- g) Akhlat-Definition, types, Khilt-e-Safra, Balgham, Dam, Sauda, Importance.
- h) An Introduction of Aza, types, Importance.
- i) Introduction of Arwah, types, Importance.
- j) Introduction of Quwa, types, Importance.
- k) Introduction of Afal, types, Importance.
- l) Introduction of Usool-e-iIaj.
- m) Brief introduction of tools for diagnosis.

ARABIC

A.

1. Kalimah (word) and its kinds, Ism (Noun), Fael (Verb), Harf (Particle)
2. Kalam (Sentence) and its kinds
3. Kalame Tam (Complete Sentence): Jumlah Faeliyah (Verbal Sentence)
4. Kalame Naqis (Incomplete Sentence) Murakkabe Ishari (Directive construction), Murakkabe zaifi (Possession construction),
5. Kinds of Ism (Noun) according to Tareef (Definite Noun) Tankeer (Indefinite Noun)
6. Isme Marifah (Definite Noun) ,and its kinds with the mention of Muaraaf bil lam (Noun with definite article) (with explanation of Hurufe Shamsiyyah and Qamariyyah)
7. Ierab (Defining Inflection Sign): Definition and Division: Ierab bil huroof (by letters) and Ierab bil Harkat (by signs)
8. Fael (Verb) and its kinds according to Zamanah (Tense): Mazi (past), Hal (Present) and Mustaqbil (Future)
9. Fael Sulaasi Mujarrad (Triliteral Primitive) and its Abwab (Sections)
10. Gardaan (Conjugation) of Mazi Past tense) and Seghi (Moods)
11. Gardaan (Conjugation) of Muzdare (Aorist) and Seghi (Moods)
12. Division of Maazi (Past) and Muzare (Aorist) according to Marif (Active) and Majhool (Passive)
13. Gardaan (Conjugation) of Faele Amr wa Nahi (Imperative and Prohibitive Verbs)
14. Division of Ism (Noun): Isme Jaamid (Infinitive Noun), Masder (Origin/Source), Mushtaq (Derivative), Isme Fa'el (Active Participle Noun), Isme Maf'ool (Passive Participle Noun), Isme Zarf (Noun of place) and Isme Tafzeel (Comparative and Superlative Noun)
15. Marfual (Nominative cases), Mansubat (Accusative cases) and Majrooat (Genitive cases)
16. Dama'ar Marfooah wa Majrurah wa Mansubah (Pronouns in Nominative, Accusative and Genitive cases) Asmai Isharahjat (Demonstrative Pronoun) Asmai Istifham (Interrogative Pronouns), Mawsulat (Relative Pronouns)

B

17. Arabi Tibi Istilahat (Arabic Medical Terms) and their uses in sentences

Paper-II

Mubadiyat Tamreez

(Fundamental of Unani nursing, first aid, emergency 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.

First Aid

Course Content

Unit-I Introduction

- Importance of first aid and rules of first aid.
- Concept of emergency.

Unit-II First Aid in Emergency situations

- Fire, burns, fractures, accidents, poisoning, drowning, hemorrhages, insect bites, foreign bodies.
- Transportation of the injured.
- Bandaging and splinting.

Paper-III

Tashreeh wa Manafe-ul Aza (Anatomy & 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

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- 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.

Note: Wherever possible related clinical application should be included in each unit.

Paper-IV

Behavioural Sciences Samajiyat (Sociology) & Nafsiyat (Psychology)

A. Samajiyat (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.

B. Nafsiyat (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.

Paper V
Samaji aur Hifzane Sahat
(Community Health Nursing, Environmental Hygiene, Health Education & Communication Skills, Nutrition)

A. Community Health Nursing

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' 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 – Maternal, child care and Family welfare 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 Referral Systems

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.

B. 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.

C. Taghzia (Nutrition)

Course content

Unit-I Introduction

- 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

B. Classification by chemical composition and sources

- Carbohydrates.
- Proteins
- Fats
- Minerals
- Vitamins
- 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, lassie.
- 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)

Paper VI

Tamreeze Advia wa Saidla (Nursing Unani Pharmacology)

A. Mufradat

Identification, source, collection, temperament, actions, therapeutic uses, methods of usage, dosage, shelf life, unwanted effects, correctives and recent research studies of following single drugs:

Abhal, Aabresham, Abrak, Atees, Izkhar, Azaraqi, Adusa, Ispand, Isapghol, Afyun, Ustukhudus, Asgand, Asaroon, Asrol, Afsanteen, Injeer, Aalu Bukhara, Aamla, Elva, Anisoon, InderjoShireen, Asl-us Soos,

Babuna, Babchi, Badam, Badranjboya, Baadiyaan, Bartang, Baranjasif, BazrulBanj, Busad, Bisfaaij, Biskhapra, Baladur, Balela, Banafsha, Bozidaan, Bura Armani, BehmanSafaid, BehmanSurkh, Behidana, Behroza, Bed Injeer, Bed Sada , Bed Mushk, Belgiri, Brahmi, Bakain, Beerbahuti

Parsiaoshan, PalasPaprah, Pamba Dana, Podina

Taalmakhana, Tukhm-e Karafs, Tukhm-e Balanga, Tarbooz, Turanj, Turanjbeen, Turb, Tamar hindi, Tinkaar, Toot, ToodriSafaidwaSiyah, Taj,

SalabMisri

Javitri, Jozbuwa, Jamun, Jadwar, Jundbedastar, Juntiana, Jawakhar, JozMasil,

Chaksu, Chiraita, ChobChini, ChobZard

Hab-ulAas, Hab-us Salateen, Hab-ulQurtum, Hab-ulQilt, Hajar-ulYahood, Hilteet, Hulba, Hanzal,

Khaksi, Khatmi, Khubbazi, Khubs-ulHhadeed, Kharpaza, Khurfa, Kharbaq, Khardal,

Khulanjaan, Khayarain, KhyarShanbar, Kharateen, Khar-e Khasak, Kharmohra

DaarHald, DaarFilfil, Darchini, DarminaTurki, DarunajAqrabi, Dam-ulAkhvain

RaalSafaid, Roghan, Bed Injeer, Reetha, Rehan, Regmahi, RevandChiniwa Hindi

Zaravand, Zarishk, Zaranbad, Zar-e Ward, Zafraan, Zangaar, Zanjabeel, Zufa, ZaharMohra, Zaitoon, ZeeraSafed, ZeeraSiyah,

Sazaaj Hindi, Sapistan, Satavar, Sudab, Sarphoka, Sartan, SareshamMahi, SaadKufi, Safaida, Saqmoonina, Sakbeenaj, Sumaaq, Sam-ulFaar, Sumbul- ut- teeb, Sang-e Jarahat, Sanghdana-e Murgh, Sang Sar-e Mahi, SuranjanShireen, SuranjanTalkh, Seemab,

Shahatara, Shibb-e Yamani, Shukai, Shakar-e Teegal, Shingraf, ShoraQalmi, Shoneez,

Sadaf, Marvareed, Saatar Farsi, Samagh-e Arabi, Samagh-e Katira, Sandal Safaid, Sandal Surkh

Tabasheer, Tutiya

Aaqarqarha, Asl, Ushba, Inab-us Salab, Unnab, Amber, Unsul, OodSaleeb, Ood-e Gharqi, Ghariqoon, Ghafis

Farfiyun, FaranjMushk, Filfil Moya, FilfilSafaid, FilfilSiyah, Findaq, Faulad

Qaranfal, Qinnab, QarnulAiyyal

Kat Safaid, Kasni, Kafoor, KakdaSinghi, Kaknaj, Kahu, Kaifal, Kibreet, KababChini, Kabab-e Khandan, Katan, Kasoos, Karanjua, Kasondi, Kishneez, Kaf-e Dariya, Kamela, Kundur, Kanghi, KahrubaKewda

Gajar, Gaozaban, Gilo, Gandana, Ghonghchi, Gul-e Surukh, Gul-e Gudhal, Gulnar Farsi, Gul-e Madar, Gil-e Makhtoom, Gil-e Armani, Gil-e Multani, Geru, Godanti

Lajwanti, LukMaghsool, Loban, LodhPathani, Lahsun, Luffah

Mayeen (Khurdwa Kalan), Malkangni, Mazu, Marzanjosh, Murdar Sang, Mur Makki, MarodPhali, MushkTeramashee, MastagiMuqil, Mundi, Maveez, Momiyayee

Nankhawah, NarjeelDaryayee, NagandBabri, Namak-e Toam, Namak-e Siyah, Namak-e Lahori, Naushadar, Neelofar

VajTurki

B. Murakkabat

1. Aims and objectives and purpose of compounding of drugs
Arq, Sharbat, Sikanjabeen, Laooq, Majoon, Khameera, Anooshdaru, Jawarish, Barshasha, Itrifal, Laboob, Murabba, Gulqand, Tiryaaq, Mufarrihat, Safoof, Qurs, Shayaf, Qairooti, Kuhal, Marham, Kushtajat
2. Main constituents, therapeutic uses, actions, dosage and preparation of following compound formulations:

Arq-e Mako, Arq-e Kasni.

Sikanjabeen-e Sada, Sikanjabeen-e Nanayi, Sikanjabeen-e Lemooni.

Sharbat-e Anjibaar, Sharbat-e Bazoori, Sharbat-e Deenar, Sharbat-e Ward,

Laooq-e Sapistan, Laooq-e Katan, Laooq-e KhayarShambar,

KhamiraAabreshamSada, KhamiraGaozaban,

MajoonFalasfa, MajoonDabeedulward

JawarishJalinoos, JawarishKamooni, JawarishPodina,

ItrifalZamani,

GulqandMehtabiwaAaftabi.

SafoofChutki, SafoofMuqliyasa,

Hab-e KabidNaushadri, Banadiq-ulBuzoor,

Rub-e Anaar, Rub-us Soos, Roghan-e Baiza-e Murg,

Qurs-e Mulayyin,

QairootiAarad-e Karsana.

Marham-e Dakhiliyoon,

C. Ilmus Sedla wa Ilmuttaklees

Tareekhi passé Manzer, TareefAqsaamaurZaroorat.

Rules & regulations regarding Unani pharmacy.

Pharmaceutical methods: A General discussion

Daq, Raz, Tahmees, Tadheen, Tashviya, Tarveeq, Tajveef, Tablore, Tabkhair, Tarseeb,

Tarsheeh, Tasaeed, Ehraaq, Taklees, Tasveel, Matbookh,

ArqkasheedkerneykeTareeqey

RoghanBananeykeTareeqey

QivamBananeykeTareeqey

Rub wa Sat bananey key Tareeqey

Sharbat, Sikanjabeen, Laooq, Khameera, Majoon, AnooshdaruJawarish, Itrifal, Luboob,

Murabba, Gulqand, Loab, Sheera, Haleeb, Mazeeh, Marham, Haboob waAqraas (Pills & tablets) and their binders (binding agents)

TadbeerwaIslaah:

Ajwain, Zeera, Elva, Behroza, Bhalavan, Jamalgota, Azaraqi, Post Baiza-e Murgh, Ghariqoon, Parah, Khubs-ulHadeed,

AmaleTaklees: Boota, Gil-e Hikmat, Kaproti, Putt

KushtaFaulad, kushtaQalai, kushtaShingraf, kushtaHadtal

AmalTasfiyah: Parah, Salajeet, Shahad, Kharateen

AmalTareeq (Distillation)

AmalTasveel (Decantation) &Gusl-e Hajriyaat, Choona, ,

Practical Part

1. Identification of single drugs in drug museum.
2. Preparation of herbarium sheets of at least 25 drugs mentioned in the theory part.

Oral Exam

Oral exam of topics mentioned in theory part

Note: Students should note down their observations in practical files and get them duly signed by their concerned teachers.

3. Preparation of different Murakkab
4. Correction/detoxification processes, preparation of compound formulations and calcinated preparations of the drugs mentioned in theory part
5. Note: Students should note down their observations in a practical file and get it duly signed by their concerned teacher.

Second Year

Paper VII

Tamreez-e-Moalijati wa Jarahi-I (Medical Surgical Nursing)

Unit – I Introduction

- Brief history of evolution of modern medicine and surgery and theories of illness and its causation.
- Illness as human experience.
- Nursing process and nursing care plan.

Unit – II Nursing Assessment

- Health Assessment
- Physical examination
- General clinical investigation

Unit – III Patho Physiological Mechanism of Disease

- Inflammation.
- Stress adaptation.
- Defence against injury.
- Nutritional consideration.

Unit – IV Altered Immune Respense

- Review of normal immunity,(Review Unit IV of microbiology)
 - Altered immune response, hypersensitivity and allergy.
 - Nursing management of immuno therapy.
 - Auto immune disease.
 - Graft verses host disease.
- Unit – VI Nurse's role in Management of Fluids, Electrolyte and Acid based balance
- Water content of body.
 - Homeostasis
 - Review mechanism of controlling fluid and electrolyte movement.
 - Review regulation of fluid and electrolyte.
 - Fluid and electrolyte imbalance and their therapeutic management.

Unit – VII Management of patients in pain

- Concept
- Assessment
- Types, location
- Nursing management
- Analgesic drugs
- Therapeutic approaches to pain.

Unit – VIII Operation Theater Technique Physical Environment

- Operation theatre : cleaning of rooms, tables, trolleys, lights and other equipments.
 - Pre- operative holding areas. Theatre Technique
 - Scrubbing- hand washing
 - Gowning
 - Gloving
 - Positioning of patient for various surgical procedures.
- Preparation of Theatre equipment & Supplies
- Cleaning
 - Packing
 - Sterilization
 - Needles, Sutures- types and their uses.
 - Role of nurses in care of patient in the theatre.

Unit – IX Management of patient undergoing surgery

- Assessment of pre- operative patient : physical, psychosocial and physiological aspects.
- Nursing management of pre- operative patient.

Intra operative Management

- Surgical team
- Nurse's functions in operation theatre.
- Anesthesia: classification, anesthetic agents and role of a nurse in anesthesia.

Post- operative management – Immediate and Routine

- Transferring patient from operation theatre.
- Patient in recovery room.
- Recovery from anesthesia.
- Post operative nursing management.
- Administration of post operative orders.
- Post- operative complications: observation, prevention and management.

Unit – X Nursing management of patient with impaired respiratory function and gaseous exchange

- Assessment of respiratory functions.
- Management of patient with impaired respiratory functions.
- Respiratory intensive care.
- Management of patients with disorders of upper respiratory tract.
- Management of patients with disorders of the chest and lower respiratory tract.

Unit – XI Nursing Management of Patients with Digestive and Gastro-Intestinal Disorders

- Assessment of Gastro-intestinal disorders.
- Management of upper gastro-intestinal disorders.
- Gastro-Intestinal intubations and special Nutritional Management.
- Management of patient with lower gastro-intestinal disorders

Unit – XII Nursing Management of Patients with Metabolic and Endocrine Disorders

- Assessment of hepatic and biliary function
- Management in hepatic and biliary disorders
- Assessment of endocrinal function
- Management of endocrinal disorders.

Unit – XIII Nursing Management of patients with renal and urinary disorders

- Assessment of renal and urinary functions
- Management of patients with urinary and renal disorders.
- Renal failure and dialysis
- Renal transplant.

Unit – XIV Nursing Management of patient with Neurological disorders

- Assessment of neurological function
- Management of patient with neurological dysfunction
- Management of patient with neurological disorders.

Unit – XV Nursing Management of patients with disorders of connective tissue collagen disorders.

- Assessment
- Management of patient with disorders of connective tissue and collagen

Unit – XVI Nursing Management of the Elderly

- Assessment of elderly
- Ageing process
- Helping in promoting wellness and self care
- Health problems in elderly

Unit – XVII Emergency Management

- Medical surgical emergencies.
- Nurses role in emergency conditions.

Paper VIII

Tamreez-e-Moalijati wa Jarahi-II (Medical Surgical Nursing, including Ilaj bil Tadbeer)

Unit-I Oncology Nursing

- Nursing management of patient with abnormal cell growth.
- Assessment.
- Problems and management.
- Classification of Cancer.
- Detection, prevention.
- Treatment modalities.

Nursing management of patient receiving:

- Chemotherapy
- Radiation.
- Late effects of chemotherapy and radiation.
- Nursing management of patient undergoing radical surgery.
- Bone marrow transplant and its management.
- Nursing management of terminally ill patient.
- Rehabilitation of cancer patients.

Unit-II Nursing Management of Patients with Diseases of Male Genito-Urinary Tract

- Assessment of genitor-urinary function
- Disorders of male genitor-urinary tract and its management.

Unit-III Nursing Management of Patients with Disorders of Breast

- Assessment
- Disorders of breast and breast cancer.
- Management of patient undergoing surgery for cancer breast.

Unit-IV Nursing Management of Patients with Diseases and Disorders of Integumentary System

- Assessment of skin and its functions.
- Inflammatory and non-inflammatory disorders and diseases and its management.
- Infestations, infectious and non-infectious diseases and their management.
- skin cancer
- Special dermatological therapy.
- Burn and its management.

Unit-V Nursing Management of Patients with Ophthalmic Disorders and Diseases

- Assessment of function of eyes.
- Diseases and disorders of eyes and their management.
- Review national programmes on blindness and trachoma.

Hospital Cornea Retrieval

- Grief counseling, eye collection in hospitals
- Motivation for eye donation.
- Obtaining consent for eye donation.
- Transplantation of human organs bill and eye collection.
- Eye banking in India

Unit-VI Nursing Management of Patients with Disorders and Disorder and diseases of Ear,

Nose and Throat

- Assessment of the function of Ear, Nose and Throat.
- Disorders and diseases of the Ear, Nose and Throat.
- Management of disorders and diseases of Ear, Nose and Throat.

Unit-VII Nursing Management of Patients with Cardio- Vascular, Circulatory and Haematological Disorders

- Assessment of cardio-vascular functions.
- Management of patients with cardio-vascular diseases.
- Management of patient in I.C.U. and C.C.U.
- Management of patient with cardio-vascular surgery.
- Assessment and management of circulatory haematological disorders and problems of peripheral circulation.
- Phlebotomy Procedure in blood donors.
- Sample and request for blood transfusion.
- Safety checks and records for blood transfusion.
- Adverse transfusion reaction and their management.
- Blood bank functioning-Hospital transfusion committee.
- Blood donor care, post donation management, counseling of blood donors.
- Inventory of necessary requirement for the transfusions.

Unit-VIII Nursing Management of Patients with Communicable Diseases

- Assessment.
- Review of infection, care and administration of antisera and vaccines.
- Isolation-review of epidemiology and control measures.
- Management of various infectious diseases.

Diseases caused by:

Virus - Measles, Chicken Pox, Influenza, Small Pox, Mumps, encephalitis, Infective Hepatitis, Poliomyelitis, Rabies, AIDs.

Bacteria - Diphtheria, whooping Cough, tetanus, Typhoid, Meningococcal Meningitis
Tuberculosis

Zoonosis - Kala-azar, Plague, Relapsing fever.

Mosquito- Malaria, Filariasis, Yellow fever, Dengue fever.

Unit IX Nursing Management of Patients with Sexually transmitted diseases

- Assessment
- sex health and hygiene.
- Gonorrhoea, syphilis, granuloma venereum, Chancroid, Granuloma inguinale and AIDS.

Unit-X Nursing Management of Patients with Musculo-skeletal Disorders and Diseases.

- Assessment of musculo-skeletal functions.
- Disorders and diseases of bone, muscle, cartilage, ligaments and their management.
- Rehabilitation, Physiotherapy and occupational therapy

Unit-XI Emergency and Disaster Nursing.

- Natural calamities.
- Manmade disaster.
- community resources available to meet such calamities
- Nurse's role in disaster management.

Unit- XII Ilaj Bit Tadbeer.

Paper IX

Tamreeze Tib-al-Atfal (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

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 nursing management
- 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 age

- 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) 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.

Paper X

**Tamreeze Sehate Aqliya
(Mental Health 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

Paper XI
Niswan wa Qabla Tamreez
(Obstetrics & Gynaecological Nursing)

A. Tamreeze Qabala

Unit – I Introduction

- Definition : Midwifery, obstetrical nursing.
- Scope.
- Historical review.
- Development of maternity services in India

Unit – II Reproductive system

- Review of genitor-urinary system of male and female organs structure, physiology.
- Menstrual cycle.
- Internal and external organs of reproduction.
- Female pelvis: structure, diameters and type.

Unit – III Embryology and foetal development

- Ovum, sperm, maturation , fertilization and implantation.
- Development of fertilized ovum, morula, blastocyst, embryo.
- Development of placenta: structure of full term placenta, functions and abnormalities, anatomical variations.
- Formation of foetal sac, membranes, amnion and chorion and their functions.
- Formation of liquor amni, its functions and abnormalities.
- Development of umbilical cord: structure, functions and abnormalities.
- Foetal skull: diameters, fontanelles, sutures and their importance.
- Foetal circulation.

Unit - IV Nursing Management of Pregnant Women

- Reproductive health.
- Genetic counseling.
- Physiological changes in pregnancy.
- Diagnosis of pregnancy: history, signs and symptoms and investigations.
- Influence of hormones.
- Prenatal care: objectives, history taking, calculation of expected date of delivery, routine examinations.
- Health education: breast care, diet in pregnancy antenatal exercises.
- Preparation for hospital/ home delivery.
- Immunisation.
- Minor disorders of pregnancy and its management.

Unit – V Nursing Management of women in Labour

- Definition, stage and duration.
- Causes of onset of labour.
- True and false labour.

First Stage of Labour

- Signs of onset of labour.
- Physiological changes in first stage of labour.
- Management – preparation of labour room.
- Preparation of women in labour : Physical and psychological.
- Equipments for normal delivery.
- Care: physical, psychological, monitoring of maternal and foetal condition.
- Vaginal examination; indication, articles, technique.

Second Stage of Labour

- Signs of second stage.
- Mechanism of labour.
- Monitoring of maternal and foetal condition.
- Physical and psychological care.
- Procedure for conduct of normal delivery.
- Prevention of perineal tear.
- Episiotomy, suturing and care.

Third Stage of Labour

- Signs, physiological changes.
- Management : immediate baby care, technique of placental expulsion, monitoring maternal condition examination of placenta and its membranes, blood loss.
- Immediate postnatal care / fourth stage of labour.

Conduct of Home Delivery

Unit – VI Nursing Management of Baby at birth

- Assessment
- Review of physiology of new born
- Apgar scoring, examination for defects (head to foot examination)
- Infant feeding: breast feeding, artificial feeding.
- Care of skin, eyes, cord, buttocks.
- Psychology and perception of new born.
- Minor disorders of new born: birth marks, rashes, skin infections, sore buttocks, infections of eyes.
- Jaundice of new born.
- Major disorders: birth asphyxia, resuscitation measures, haemolytic disease (RH factor).
- Infections and birth injuries.

Unit – VII Nursing management of Mother during puerperium

- Definition, objectives of care
- Immediate postnatal care (care during 4th stage of labour)
- Physiological changes during puerperium.
- Psychosocial aspects of care.
- Diet during puerperium.
- Establishment of lactation and breast care.
- Perineal care.
- Postnatal exercises.
- Postnatal examination, follow-up, family welfare.
- Minor ailments and its management.

Unit – VIII Complications of pregnancy and its management

- Bleeding in early pregnancy.
- Bleeding in late pregnancy.
- Pregnancy induced hypertension, pre-eclampsia, eclampsia.
- Hydramnios, oligohydramnios.
- Hydatidiform mole.
- Pelvic inflammatory disease.
- Intrauterine growth retardation, intrauterine death.
- Post maturity.

Unit – IX High Risk pregnancy and its management

- Concept, factors.
- Anaemia, Jaundice, Viral infections.
- Urinary tract infection, Heart Diseases, Diabetes Mellitus, Osteomalacia, Sexually Transmitted Diseases, AIDS.
- Teenage pregnancy, Elderly primigravida, Multipara,
- Multiple pregnancy.

Unit – X High Risk Labour and its management

- Malpositions, Malpresentations: occipitoposterior position face, brow, shoulder and breech presentation.
- Contracted pelvis: definition, causes, diagnosis, management and trial of labour.
- Abnormal uterine action: hypotonic and hypertonic action, bandl's ring, contraction ring, precipitate labour.
- Cervical dystocia.
- Early rupture of membranes, prolonged labour, Induction of labour.
- Obstructed labour rupture of uterus.
- Obstetrical emergencies: cord presentation, cord prolapse, amniotic fluid embolism, obstetric shock.
- Complications of third stage: post partum haemorrhage, atonic uterus, retained placenta and membranes, inversion of uterus.

Unit – XI Complications of Puerperium and its management

- Puerperal pyrexia, Puerperal sepsis, Thrombophlebitis, Embolis, Puerperal psychosis.
- Mastitis, Breast abscess.

Unit – XII Obstetric operations

- Manual removal of placenta.
- Version : internal, external.
- Forceps delivery.
- Vacuum extraction.
- Caesarean section.
- Medical termination of pregnancy.
- Laproscopic sterilization.
- Embryotomy.

Unit – XIII Drugs used in obstetrics

Unit – XIV Ethical and legal aspects related to Midwifery and Gynecological Nursing.

B. Tamreeze Niswan

Unit-I Introduction

- Definition related to gynaecological nursing.
- Sexuality
- Gynecological history taking, examination and Investigations

Unit-II Puberty

- Definition development of sex organs in females.
- Menstrual cycle.
- Disorders of menstruation: amenorrhoea, dysmenorrhoea, cryptomenorrhoea

Unit-III Fertility and Infertility

Definition, causes both in male and female investigation and Management.

Unit-IV Pelvic Infections

- vulva: Vulvitis, Bartholinitis.
- Vagina: vaginitis, trichomonas vaginalis, moniliasis
- Metritis, salpingitis, oophoritis, pelvic abscess.
- Chronic infections, cervical erosion.

Unit-V Uterine Displacement and Descent

- Retroversion, retroflexion.
- Descent of the uterus: first degree, second degree, complete procidentia.

Unit- VI Sexually transmitted diseases and their prevention

- Syphilis, gonorrhoea, warts.
- Acquired Immuno Deficiency syndrome (AIDS)/HIV

Unit-VII Breast Disorders

- Mastitis
- Breast abscess.
- Tumours.
- Malignancy.

Unit-VIII Benign and Malignant Neoplasms of Reproductive Organs

- Uterine polyps, uterine fibroids
- Cancer:cervix, uterus
- Ovarian cyst: benign, malignant.
- Cancer: chemotherapy, radiotherapy.
- Palliative care.

Paper XII
Idarah-wa Tadabeer-e Tamreez
(Administration and Ward Management)

Administration and Ward Management

Unit-I Introduction

- Meaning and philosophy of administration and management and their significance.
- Elements and principles of administration.

Unit-II Planning: Principle, methods and types

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Unit-III Organization: Command, Co- ordination and Control,
Delegation, Staffing and Budgeting

- Definition, aims principles and techniques
- Preparation of organizational chart of a hospital ward primary health center, sub center.
- Policies of the hospital and of the various departments of the hospital.

Unit-IV Administration of a hospital unit and ward

- Administration of ward/ unit/health center, physical layout, safety measures, prevention of Accident and infections, legal responsibilities of a nurse.

Personal Management

- Job description, job specification, Job analysis, and job satisfaction.
- Staff development and staff welfare.
- Leadership styles, democratic leadership.

Management of Equipment and supplies

- Maintenance of supplies and equipment.
- Handling over and taking over of inventory.
- Indent and ordering of supplies and equipment.
- Problem solving: Process and approach, steps and methods of dealing with

Complaints of patients and other health team members.

- Record and reports: meaning, type of records and reports maintained

In the ward, importance and use of records and reports. Records and reports

Maintained in Primary Health Center and Sub- Center.

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.
