

SYLLABUS

for

Bachelor of Science in Post Basic Public Health Nursing



Bangladesh Nursing and Midwifery Council

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Anatomy and Physiology

Theory:	60 hrs
Lab:	48 hrs
Practical:	0

Course Description:

The subject is designed for strengthening the level of knowledge of students about Anatomy & Physiology, organization of human body cell, tissues organs level, musculoskeletal system, nervous system, sensory organs, respiratory system, cardio-vascular system, digestive system, urinary system, reproductive system, endocrine & metabolic system, lymphatic system & immunity and integumentary system.

Course objectives: -

Upon completion of this course, the student will be able to:

1. Describe the structure and function of human body cell level, tissues, and organ level,
2. Explain the structure and function of musculoskeletal system, nervous system, sensory organs, respiratory system,
3. Demonstrate a good understanding about the structure and function of cardio-vascular system, digestive system, urinary system, reproductive system,
4. Explain the structure and function of endocrine & metabolic system, lymphatic system, immunity and integumentary system.

Teaching Learning Methods:

1. Lecture
2. Discussion
3. Demonstration
4. Lab practice

Study materials:

Skeleton, bones, organs, Models, charts, posters, reference books

Course Outlines

Unit	Contents	Hours
01	<p>Revision of Anatomy & Physiology:</p> <ul style="list-style-type: none"> - Anatomical Terminology - Level of Organization of the body system- <ul style="list-style-type: none"> • Chemical level • Cellular level - Cavity of the body - Composition of body - Homeostasis - Components of Homeostatic system 	4
02	<p>Organization of Human Body Cell Level:</p> <ul style="list-style-type: none"> - Cell - Structure of Cell <ul style="list-style-type: none"> • Gene and Genetics • DNA - Transport Across Cell Membrane - Basic Mechanism of Transport - Cell Cycle 	4
03	<p>Organization of Human Body Tissues, Organ and System Level:</p> <ul style="list-style-type: none"> - Primary Tissue - Classification of Tissues <ul style="list-style-type: none"> • Epithelial Tissue • Connective Tissue • Muscular Tissue • Nervous Tissue - Organs - System of Body 	6
04	<p>Musculoskeletal System-skeletal system Body movement, Structure, location & position and function of -</p> <ul style="list-style-type: none"> - Bones - Cartilage - Joints and ligaments <p>Musculoskeletal System - Muscular System Structure, location, position and function of-</p> <ul style="list-style-type: none"> - Different types of muscles 	4
05	<p>Nervous System: Structure, location & position and functions of -</p> <ul style="list-style-type: none"> - Neuron - Nerve tissues - Neurotransmitter - Central nervous system (CNS) - Peripheral nervous system (PNS) 	4

06	Sensory organs: Structure and Functions of - <ul style="list-style-type: none"> - Skin - Tongue - Nose - Eyes - Ears 	2
07	Respiratory System; Structure, location & position and function of - <ul style="list-style-type: none"> - Nose, pharynx, larynx - Trachea, bronchus and Bronchial tree - Lungs: lobe and pleura - Respiratory Muscles - Mechanism of Respiration - Transportation of Gases - Volume & Capacity 	4
08	Cardio-vascular System: Structure, location, position, Composition and functions of - <ul style="list-style-type: none"> - Heart - Blood - Blood vessels 	8
09	Digestive System: Structure, location & position and functions of- <ul style="list-style-type: none"> - Tongue, teeth, salivary gland and pharynx - Esophagus - Stomach - Pancreas - Liver - Gallbladder - Intestine 	6
10	Urinary System: Structure, location, position and functions of - <ul style="list-style-type: none"> - Kidneys - Ureters - Urinary bladder - Urethra - Nephron - Mechanism of Urine formation 	4
11	Reproductive System: Male reproductive system: Structure, location, position and function of – <ul style="list-style-type: none"> - Penis and scrotum - Testes - Duct system - Prostate gland - Spermatogenesis Female reproductive system: Structure, location, position and function of –	6

	<ul style="list-style-type: none"> - External genitalia - Vagina - Uterus - Fallopian tubes - Ovaries - Mammary glands - Menstrual cycle - Oogenesis 	
12	<p>Endocrine & Metabolic System: Structure, location & position and functions of –</p> <ul style="list-style-type: none"> - Pituitary gland - Pineal gland - Thyroid gland - Parathyroid gland - Thymus glands - Islets of Langerhans - Adrenal gland - Gonads (Ovary& Testis) - Hormones <ul style="list-style-type: none"> • Function of hormones 	4
13	<p>Lymphatic System & Immunity: Peripheral lymphoid organs and tissues:</p> <ul style="list-style-type: none"> - Lymph - Lymphatic vessels - Lymphatic Tissue and Organs - Lymph nodes <p>Immune system:</p> <ul style="list-style-type: none"> - Immunology - Immunity - Classification of Immunity - Defense mechanism 	2
14	<p>Integumentary System: Structure and function of -</p> <ul style="list-style-type: none"> - Skin - Skin layers - Appendages: <ul style="list-style-type: none"> • Hair, • Sebaceous gland and • Sweat gland • Nails - Receptors of skin 	2

Microbiology and Pathology

Theory:	36 hrs
Lab:	28 hrs
Practical:	0

Course Description:

This course is designed to provide a better understanding to the students about the fundamental principles of microbiology and pathology with emphasis on the general characteristics and general properties of microorganisms, bacteria, fungi, viruses and protozoa. Practicum will cover media preparation & control of microbial growth, microbial genetic, metabolisms, drug resistance and the effects of microorganisms on the health and well-being.

Course Objectives:

Upon the completion of this course the student will be able to-

1. Demonstrate a good understanding about fundamental principles of microbiology.
2. Describe general characteristics of microbes and laboratory methods for identification of micro-organisms.
3. Understand the effects of microorganisms on the health and well- being.
4. Perform practicum for media preparation for isolation & control of microbial growth, microbial genetic, metabolisms, drug resistance on health and wellbeing.

Teaching Learning Methods:

1. Brain storming
2. Lecture
3. Discussion
4. Demonstration
5. Lab practice

Course Outlines

Units	Contents	Hours
1	Revision of microbiology and Parasitology: <ul style="list-style-type: none"> • History of microbiology • Classification of microorganism • Prokaryotic and eukaryotic cells • Characteristics and difference of Prokaryotic and eukaryotic cells 	2
2	2.1 Bacteriology Bacteria <ul style="list-style-type: none"> • Morphological classification • Morphology • General properties • Structure- Essential and nonessential component 	2
	2.2 Bacteriology Bacterial structure- Essential components <ul style="list-style-type: none"> • Cell wall • Cytoplasmic membrane • Mesosome • Cytoplasm • Ribosome • Granules • Nucleoid 	4
	2.3 Bacteriology Bacterial structure Nonessential components <ul style="list-style-type: none"> • Capsule • Fimbria • Flagella • Spores • Slime layer 	2
	2.4 Bacteriology Bacterial <ul style="list-style-type: none"> • Toxin & Toxoid • Difference between Endotoxins and Exotoxin • Difference between Toxin & Toxoid 	2
	2.5 Bacteriology <ul style="list-style-type: none"> • Bacterial growth and Multiplication • Physical and Chemical requirement • Bacterial growth curve 	4
	2.6 Bacteriology Bacterial Culture medias <ul style="list-style-type: none"> • Classification • Description- different types 	2

3	<p>Virology Virus</p> <ul style="list-style-type: none"> • Definition • General properties • Different parts of virus/ Viral Structure • Differences between Bacteria and Virus • Classification • Principal type of pathogenic virus and disease 	2
4	<p>Mycology Fungus</p> <ul style="list-style-type: none"> • Morphological classification • General characteristics • Important fungal disease with their causative organism 	2
5	<p>5.1 Parasitology Parasite</p> <ul style="list-style-type: none"> • Classify • Host & its classification • Association between host and parasite • Difference between host and parasite 	2
	<p>5.2 Parasitology Protozoa</p> <ul style="list-style-type: none"> • General characteristics • Difference between protozoa & metazoa • Important disease caused by Protozoa • Difference between Amoebic & Bacillary Dysentery 	2
	<p>5.3 Parasitology Metazoa</p> <ul style="list-style-type: none"> • Definition • Classification of Helminthes • General characteristics of Helminthes • Nematodes • Lifecycle of Ascaris Lumbricoids • Lifecycle of Ancylostoma Duodenale 	2
6	<p>Immunology Immunity</p> <ul style="list-style-type: none"> • Definition • Classification • Difference between active immunity and passive immunity • Antigen and Antibody • Immunization Schedule in Bangladesh 	2
7	<p>Pathology</p> <ul style="list-style-type: none"> • Definition of pathology, Cellular response to injury, Causes of cell injury, types of cell injury • Cellular Adaption, Hyperplasia, Hypertrophy, Atrophy Metaplasia 	6

	<ul style="list-style-type: none"> • Definition of inflammation, Causes types, events of inflammation, Chemical mediators • Definition of oedema. hearrhoage, Shock, Shock, Shock, Shock, Shock, inchaemis, infection, thrombosis and embolism • Definition of Neoplasia, benign and malignant neoplasm, Factors causing neoplasm. • Collection of urine for routine, Chemical and microscopic examination • Collection of Stool for routine, Chemical and microscopic examination. • Total count of RBC, WBC, Platelet, differential count of WBC, Circulating eosinophil count Malaria parasite • Study and morphology of RBC and WBC estimation of Hb% (Shali's & Cyanmeth hemoglobin Methods) • ESR in Westergren and Wintrobe methds. • Description of different Anaemia, Jaundice and Leukaemia. • Blood grouping and Rh factors Cross matching and Coomb's test (Direct and Indirect) 	
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Comprehensive Nursing and Pathophysiology

Theory:	260 hrs
Lab:	0
Practical:	480 hrs

Course description:

This course is designed to provide comprehensive knowledge to the students about basic human needs, nursing process, nursing care plan, fluid & electrolyte balance and imbalance, acid base balance & imbalance, nature of disease and pathogenesis, drugs and drug administration, alteration of digestive, neurological, respiratory, cardio-vascular, function of skin and venereal disease, common eye problem, endocrine diseases, oncological disease, nephrology and urological diseases, cardio-pulmonary disorders, emergency management and concepts related to aging peoples.

Unit 1-6 of course syllabus will be studied by both departments (Nursing and Public Health Nursing) together.

Course Objectives:

Upon completion of the course the students will be able to:

1. Demonstrate knowledge and skills about basic human needs, nursing process and nursing care plan
2. Identify fluid & electrolyte balance and acid base balance
3. Describe about drugs, drug administration, side effects and drug calculations,
4. Understand acute and chronic medical surgical illness with their nursing care procedures
5. Understand pathophysiology of acute and chronic diseases
6. Describe metabolic, endocrine disorders and digestive disorders
7. Explain the cardiovascular and respiratory disease
8. Describe urinary and cancer disease
9. Demonstrate knowledge and skills about emergency drugs therapy, trauma and accident and critical care
10. Acquire knowledge about concepts related to aging peoples

Teaching-learning Methods:

1. Brain storming
2. Lecture
3. Discussion
4. Demonstration
5. Clinical teaching
6. Role play
7. Case study

**Course Outlines
1st year**

Units	Contents	Hours
1	Introduction: <ul style="list-style-type: none">- Concept of comprehensive nursing- Definition of Nurse & nursing- Goal of Nursing- Nursing as a profession- Nursing as a science- Unique function of a Nurse- Competencies of a professional Nurse- Current issues in nursing- Legal and ethical aspects of nursing	6
2	Basic human needs: <ul style="list-style-type: none">- Definition- Abraham Maslow's Theory- Virginia Henderson's Theory	2
3	Nursing process: <ul style="list-style-type: none">- Definition- Purposes- Advantages &- Components:<ul style="list-style-type: none">• Assessment• Nursing• Diagnosis• Plan• Implantation and• Evaluation Nursing care plan: <ul style="list-style-type: none">- Definition- Purposes- Elements and- Principles- Format of Nursing care plan	6

4	<p>Fluid & Electrolyte balance:</p> <ul style="list-style-type: none"> - Fluid & electrolytes - Homeostatic mechanism <p>Fluid & Electrolyte imbalance:</p> <ul style="list-style-type: none"> - Definition - Etiology - Sign & Symptoms - Diagnostic procedure - Probable complications - Medical and Nursing Management <p>Acid base Balance & Imbalance:</p> <ul style="list-style-type: none"> - Metabolic Acidosis - Metabolic Alkalosis - Respiratory Acidosis - Respiratory Alkalosis 	6
5	Nature of disease and pathogenesis	4
6.	<p>Drugs:</p> <ul style="list-style-type: none"> - Drug administration - Generic name, trade name, action, uses, contra-indications and side effects - Factors affecting drug action - Medication calculations <ul style="list-style-type: none"> • Conversions – <ul style="list-style-type: none"> ➤ Conversions within systems ➤ Conversions from one system to another • Dose calculations 	10

Community Health Nursing

Theory:	260 hrs
Lab:	0
Practical:	480 hrs

Course Description:

The course is essential for public health nurses for providing depth understanding about changing concepts of community health nursing in the community; understanding in public health nursing, responsibility of nurses in early case finding, health assessment and health education based on principles of primary health care, the health care delivery system of Bangladesh & universal health coverage, nursing process, approach and care to the individual, family and community, home visiting, school health, dental health environmental and occupational health assessment strategies, diagnostic procedures, and pharmacological principles, health determinants emergency & disaster management, acute and chronic medical surgical illness, metabolic and endocrine disorders, digestive disorders, cardiovascular disease, respiratory disease, urinary disease, allergic conditions, care of cancer patient, emergency drugs therapy, trauma and accident, critical care and palliative care for peaceful death; and rehabilitative care of an individuals and their families in any setting.

Unit 1 – 6 of course syllabus will be studied by both departments (Nursing and Public Health Nursing) together.

Course Objectives:

Upon completion of the subject the student will be able to:

1. Define the changing concepts of community health nursing,
2. Explain the principles of primary health care and nurses' roles in primary health care team,
3. Explain health care delivery system of Bangladesh and Universal health coverage, Linkage between community health nursing and primary health care,
4. Understand and utilize community approaches to identify the basic health needs of the patients and prioritize those needs to carry out nursing care for acute and chronic health related problems,

5. Discuss the preventive, curative, promotive and rehabilitative care at hospital, clinic and community by using nursing process,
6. Plan, implement and evaluate specific community health program such as home visiting, school health, dental health, family health, occupational & environmental health and care for long term illness,
7. Understand the health care delivery system of Bangladesh,
8. Define the concept of disaster and its management, impact and response and nurse role during emergency and disaster,
9. Describe metabolic, endocrine disorders and digestive disorders,
10. Explain the cardiovascular and respiratory disease,
11. Describe urinary and cancer disease,
12. Demonstrate knowledge and skills about emergency drugs therapy, trauma and accident and critical care.

Teaching Learning Methods:

1. Brain storming
2. Lecture
3. Discussion
4. Clinical teaching
5. Field Trip/Visit
6. Role play
7. Case study

Course Outlines
1st year

Units	Contents	Hours
1	<p>Course orientation</p> <p>Introduction to Community health nursing:</p> <ul style="list-style-type: none"> - Definition of community, community health, community health Nursing and community health nurse - types of community, components of community, characteristics of community, - functions of community - Qualities of a community health nurse - Competencies for community health nursing, - Nurses Roles in providing community health nursing: - Care provider, health educator, willing advocator, adviser, counselor, sensitized observer, organizer & manager, decision maker, & participator in the community planning & action 	6
2	<p>Primary health care (PHC):</p> <ul style="list-style-type: none"> - Definition of PHC - Components of PHC - Principles of PHC - Approaches of PHC strategies - Roles and responsibilities of a community health nurse in PHC - Linkage between community health nursing and primary health care - Sustainable development goals (SDGs) 	6
3	<p>Community diagnosis:</p> <ul style="list-style-type: none"> - Definition of community diagnosis - Purpose Of community diagnosis - Steps Of community diagnosis - Community treatment nurse 	4
4	<p>Community health program:</p> <ul style="list-style-type: none"> - Home visiting, - Importance of home visit - Reasons of home visit - Principles of home visit - Advantages of home visit - Components of home visit - School health programme, dental health, - Family health, occupational & environmental health and care for long term illness. 	4

5	<p>The health care delivery system of Bangladesh:</p> <ul style="list-style-type: none"> - Concept - Level/Triage: <ul style="list-style-type: none"> • Primary • Secondary • Tertiary • Super-specialized <p>Universal Health Coverage</p> <ul style="list-style-type: none"> - Introduction - Definition - Universal Health Coverage: Bangladesh Perspective 	4
6	<p>Disaster:</p> <ul style="list-style-type: none"> - Introduction - Definition - Types - Disaster management: - Mass casualty management - Triage - Disaster impact and responses - Relief phase - Prevention and control of disaster related communicable disease - Rehabilitation - Disaster mitigation - Nurses' role during disaster and Emergency - Disaster preparedness 	10
7	<p>Process of community health nursing: Definition, nature and implication of nursing process. Component of nursing process:</p> <ul style="list-style-type: none"> • Assessment • Diagnosis • Planning • Implementation • Evaluation 	8
8	<p>Nurses' contributions in community-oriented nursing:</p> <ul style="list-style-type: none"> - Health promotion - Disease prevention and control - Health maintenance - Health restoration 	6
9	<p>Health Agencies:</p> <ul style="list-style-type: none"> - National - International - Voluntary health agencies - Staff management and development in community health nursing 	4
10	<p>Health policy:</p> <ul style="list-style-type: none"> - Concept of health policy 	4

	- National health policy	
11	Concept of individual and family health <ul style="list-style-type: none"> - Health behavior of an individual in the community - Modification of life style - Care of clients across life span - Infant and children, adolescent, adult and elderly 	8
12	Family health nursing- Family process, factors influencing family health, nursing care of families	4
13	Health care delivery indicators: <ul style="list-style-type: none"> -Utilization rate - Indicators of social & mental health - Environmental indicators -Socio economic indicators, indicators of quality of life 	4
14	Health Team: <ul style="list-style-type: none"> - Health team - Members of health team - Functions of health team - Role and responsibilities community health nurses within the health team 	4
15	Environment health issues Urbanization, Water, air, housing, lighting, ventilation, sanitation, refuse disposal, radiation, noise.	10
16	Hygiene: Definition, type, factors responsible for personal hygiene, Diseases due to lack of hygiene.	4
17	Communicable Definition, types, causative factors, incidence & prevalence, clinical features, management and preventive measures of: <ul style="list-style-type: none"> - Hepatitis - Cholera - Diaphorrea - Tuberculosis - Malaria - Gullen - Berry Syndromes (GBS) - Enteric fever - Dermatitis - Worm infestation - Pneumonia - Meningitis 	22
18	Non-communicable disease: Definition, types, causative factors, incidence & prevalence, clinical features, management and preventive measures of: <ul style="list-style-type: none"> - Rheumatic fever - Rheumatic Heart disease 	4

Course Outlines

2nd year

Units	Contents	Hours
01	Demography: <ul style="list-style-type: none"> - Definition - Concept and scope, - Methods of collection, analysis and interpretation of demographic data. - Demographic rate and ratio. 	4
02	Model of health and illness: <ul style="list-style-type: none"> - Health-wellness model - Agent-host and environmental model - Health belief model - Health promotion model 	4
03	Community Mental Nursing: <ul style="list-style-type: none"> - Promotional measures of mental health in community - Preventive measure of mental illness in the community - Roles of nurse in community mental health programe 	4
04	Cardiovascular Diseases: <ul style="list-style-type: none"> - Hypertension - Ischemic Heart disease - Myocardial Infraction - Arthrosclerosis - Myocarditis - Endocarditis - Pericarditis - Vulvular Disease - CCF 	18
05	Endocrine Diseases: <ul style="list-style-type: none"> - Diabetes- Diabetics Incipitus, Diabetics Mellitus - Cushing Syndrome - Addison's Disease - Hyperthyroidism - Hypothyroidism 	10
06	Oncological Disease: Definition, types, causative factors, incidence & prevalence, trends, clinical features, management and preventive measures of: <ul style="list-style-type: none"> - Tumors - Lung Cancer - Colorectal Cancer - Breast Cancer - Cervical Cancer - Esophageal Cancer - Leukemia - Ovarian Cancer - Ca Stomach 	16

07	Nephrology and Urological Diseases: <ul style="list-style-type: none"> - Renal failure- Acute and Chronic - Dialysis - Nephritis - Nephrotic Syndrome - Lupus Nephritis - Glomeruli-nephritis - Cystitis - Enlarge Prostate 	16
08	Cardio-pulmonary Disorders <ul style="list-style-type: none"> - Asthma - Bronchitis - COPD - Cor-pulmonal - Emphysema - Plural effusion - Lung abscess 	14
09	Emergency Management: <ul style="list-style-type: none"> - Accident - Trauma - Head Injury - Burn - Thundering - Snake bites - Drowning - CPR 	10
10	Concepts, theories related to aging Peoples <ul style="list-style-type: none"> - Assessment and nursing strategies - Health and illness - Health promotion - Care for the elderly. - Elderly abuse - Mental health service for elderly peoples in community 	6
11	School health nursing Definition, objectives, importance, function, health problems of school children, role of a PHN in school health programme	2
12	Dental health <ul style="list-style-type: none"> - Dental carries - Dental Hygiene 	2
13	Occupational health Definition, objectives, occupational environment, occupational health hazards, /diseases, prevention of occupational diseases, WHO and ILO health and safety regulations, role of a occupational health nurse,	4

Nutrition, Nutritional Assessment and Biochemistry

Theory:	60 hrs
Lab:	32 hrs
Practical:	48 hrs

Course Description:

The course is designed for the improvement of nurses' level of understanding about Nutrition, Nutritional Assessment and Biochemistry, food, nutritional standards, balance diet, major nutritional problems, human needs of nutrients across the life span, breast feeding, weaning food, menu planning, nutritional assessment, growth & development, therapeutic diet, special diet in certain medical conditions, food preservation, contamination of food, legal and ethical issues in selecting food

Course Objectives:

Upon the completion of the subject the students will be able to:

1. Demonstrate knowledge in Nutrition, Nutritional Assessment and Biochemistry, food, nutritional standards, balance diet and menu planning therapeutic diet, breast feeding & weaning food.
2. Identify major nutritional problems, human needs of nutrients across the life span
3. Demonstrate knowledge and skills on breast feeding, weaning food, and growth & development,
4. Develop ability in nutritional assessment, therapeutic diet, special diet in certain medical conditions
5. Acquire knowledge about food preservation and prevention of contamination of food
6. Maintain Legal and ethical issues for professional standard.

Teaching Learning Methods:

1. Brain storming
2. Lecture
3. Discussion
4. Role play
5. Demonstration
6. Simulation exercise
7. Case study
8. Field trip

Course outlines

Units	Contents	Hours
1	Revision of Nutrition, Nutritional Assessment and Biochemistry <ul style="list-style-type: none"> - Introduction to nutrition, Nutrient, Food, Diet and Dietetics - Criteria of good nutrition - Significant roles of nutrition on health - Prevalence of nutritional deficits and nutritional related health problems in Bangladesh 	4
2	Food: <ul style="list-style-type: none"> - Elements of food <ul style="list-style-type: none"> • Carbohydrate • protein • fats • vitamins • minerals and • water - Functions of food - Digestion, absorption and utilization of carbohydrate, protein and fat. 	8
3	Nutritional standard <ul style="list-style-type: none"> - Energy storage in the body - Energy & calorie value requirements of an individual - Energy & calorie value requirements of a group or family - Recommended dietary allowance (RDA) - Calculating food requirements 	6
4	Balance diet: <ul style="list-style-type: none"> - Definition - Principles of Balance diet - Criteria of Balance diet - Factors related to preparing Balance diet 	2
5	Major Nutritional Problems: <ul style="list-style-type: none"> - Definition, causes, Clinical features, treatment and preventive measures of- <ul style="list-style-type: none"> • Marasmus • Kwashiorkor • Night Blindness • Xerophthalmia • Nutritional Anaemia • Goitre - Ongoing program for preventing malnutrition in Bangladesh 	8

6	Human needs of nutrients across the life span <ul style="list-style-type: none"> - Infancy - Childhood - Adolescent - Adulthood - Adult - Elderly - Pregnancy - Lactation 	2
7	Breast Feeding & Weaning food <ul style="list-style-type: none"> - Colostrums - Exclusive Breast feeding - Weaning food 	4
8	Menu planning <ul style="list-style-type: none"> - Definition - Purposes of Menu planning - Importance of learning of preparing menu for nurses. 	2
9	Nutritional assessment <ul style="list-style-type: none"> - Direct Assessment - Indirect assessment 	2
10	Growth & Development <ul style="list-style-type: none"> - Concept of Growth & Development - Growth & Development factors - Road to health card - GOBIFFF 	4
11	Therapeutic diet <ul style="list-style-type: none"> - Definition - Purposes of therapeutic diet 	2
12	Special diet in certain medical conditions <ul style="list-style-type: none"> - Diabetes mellitus - Cardiovascular diseases - Renal disease - Liver disease 	8
13	Food Preservation Cooking Process Food Hygiene	4
14	Contamination of food <ul style="list-style-type: none"> - How to prevent wastage of food and contamination of food - Nurses' role in prevention of contamination & wastage of food 	2
15	Legal and ethical issues in selecting food	2

Epidemiology

Theory: **60 hrs**

Lab: **0**

Practical: **0**

Course Description:

This course has been included for better understanding about epidemiology, epidemiological measurement tools, epidemiological triads, epidemiological study methods, concept of health & disease, social determinants of health, surveillance, screening, and role of nurses in communicable & non- communicable diseases and its control & prevention

Course Objectives:

Upon the completion of the subject the students will be able to:

1. Understand about epidemiology, epidemiological measurement tools, epidemiological triads, epidemiological study methods,
2. Discuss concept of health & disease, social determinants of health, surveillance and screening,
3. Explain communicable & non- communicable diseases and its control & prevention.
4. Describe the role of nurses in prevention and control of communicable & Non - communicable diseases.

Teaching Learning Methods:

1. Brain storming
2. Lecture
3. Discussion
4. Role play
5. Demonstration
6. Simulation exercise
7. Case study
8. Field visit

Course outlines

Units	Contents	Hours
1	Introduction of epidemiology <ul style="list-style-type: none"> - Historical background - Definition - Aims and uses of epidemiology - Differentiate epidemiology and clinical medicine - Components of epidemiology - Epidemiological Terms 	6
2	Tools of epidemiology Measurement <ul style="list-style-type: none"> - Rate - Ratio - Proportion - Incidence - Prevalence 	4
3	Concept of epidemiological triads <ul style="list-style-type: none"> - Agent - Host - Environment 	4
4	Concept of epidemiological study methods <ul style="list-style-type: none"> - Definition - Objectives - Types - Uses & advantage –disadvantage - Differentiate with each other 	6
5	Concept of health & disease <ul style="list-style-type: none"> - Dimension of health - Health Indicators - Disease <ul style="list-style-type: none"> • Cycle of occurring disease • Mode of transmission. • Natural history of disease • Disease iceberg 	6
6	Social determinants of health <ul style="list-style-type: none"> - Introduction - The importance of considering the social determinants of health - The impact of social determinants of health 	2
7	Concept of surveillance Definition Objective or purposes of surveillance Types of surveillance Sources of surveillance.	4
8	Concept of Screening	4

	<ul style="list-style-type: none"> - Definition - Objective or aims of screening - Types of screening - Criteria for screening - Uses of screening - Differentiate screening & diagnostic test. 	
9	<p>Control & prevention of communicable & non-communicable disease</p> <ul style="list-style-type: none"> - Process of controlling - Prevention - Definition - Level of prevention - Immunization - Role of nurses in prevention and control of communicable & non-communicable diseases. 	4
9	<p>Communicable Diseases: Definition, types, causative factors, incidence & prevalence, clinical features, management and preventive measure of:</p> <ul style="list-style-type: none"> - Chicken pox - Measles - Influenza - Mumps - Diphtheria - Whooping Cough - SARS - Dengue - Chikun gunya - Rabies - Anthrax - Poliomyelitis - Leprosies - Avian fluenza - Bird flu - Tetanus 	20

Behavioral Science

Theory:	80 hrs
Lab:	0
Practical:	0

Course description:

The courses has been organized to raise the competencies of students about behavioral science, social structure and its relationship in the society, religions, social movements, culture, health beliefs and practices, folk and traditional healers, social and behavior change communication, concept of Psychology, psychological theories, motivation, Erikson's psychosocial stages of development, personality, sexuality and sexual orientation and life crisis.

Course objectives:

Upon the completion of the subject the students will be able to:

1. Understand behavioral science, social structure and its relationship in the society, religions, social movements, culture, health beliefs and practices
2. Understand about folk and traditional healers, social and behavior change communication
3. Explain the concept of Psychology, psychological theories, motivation, Erikson's psychosocial stages of development
4. Describe about personality, sexuality and sexual orientation and life crisis.

Teaching Learning Methods:

1. Brain storming
2. Lecture
3. Discussion
4. Demonstration
5. Field visit

Course outlines

Units	Contents	Hours
1	Introduction to Behavioral Science <ul style="list-style-type: none"> - Concept of behavioural science - Relationship between social science and psychology. 	6
2	Social structure <ul style="list-style-type: none"> - Concept of Social science - Social unit - Social class - Social status and economic status - Sociocultural & behavioural characteristics - Social factors in community life - Social laws and regulations 	8
3	Social structure and its relationship in the society Family unit <ul style="list-style-type: none"> - Roles and relationships of family members - Socialization within family - Perceptions of health and illness in family situation - Patterns of care for a sick person in the family 	4
4	Religions <ul style="list-style-type: none"> - Impact of religion on health and health care 	2
5	Social movements and initiatives regarding emerging and re-emerging health-related issues in Bangladesh	4
6	Culture <ul style="list-style-type: none"> - Definition and Terminology - Components or elements of culture: <ul style="list-style-type: none"> • Norms, • values, • beliefs, • habits, • customs, - cultural integration. - Cultural factors of Bangladesh. 	4
7	Health beliefs and practices <ul style="list-style-type: none"> - Meaning and value of health - Local practices for maintenance of health, treatment of disease, and care of the sick - Beliefs about food and nutrition 	6

8	Folk and traditional healers Types of healers in Bangladesh - Ayurvedic - Homeopathic - Religious - Unani - Examples of how traditional healers are used by people for health care	4
9	Social and Behavior Change Communication: - Background - Steps - Enabling factors - Theories - Strategies - Implications - Types of Communication Behavior - Four basic styles of communication: <ul style="list-style-type: none"> • Aggressive • Passive • Assertive and - Passive-aggressive - Features of successful behavior change communication - Behavior Change Communication campaign	10
10	Concept of Psychology - Significance of psychology to the nursing profession - Evolution of psychology (from structuralism to neuropsychology)	4
11	Concept of Psychological Theories - Types of Psychological Theories - Importance of Psychological Theories	4
12	Motivation - Introduction to motivation - Importance of motivation - Types of motivation	4
13	Erikson's psychosocial stages of development throughout the lifespan stage— - Infancy - Toddler (year 1-3) - Pre-school (year 3-5) - Middle childhood (year 5-12) - Adolescent - Early adulthood - Middle adulthood - Late adulthood.	2

14	Psychological theories <ul style="list-style-type: none"> - Biological bases of behaviors - Common behavioral theories - Social-learning theories - Stress-coping theories 	6
15	Personality <ul style="list-style-type: none"> - Significance - Types of personality. (Introvert-extrovert) - Personality traits - Personality development 	4
16	Sexuality and sexual orientation	4
17	Life crisis	4

Nursing Education and Curriculum Development

Theory:	200 hrs
Lab:	0
Practical:	432 hrs

Course Description:

The course has been organized to develop the competencies of students about concept and history of nursing education, current trends in nursing education, different terminologies, learning, teacher and teaching, teaching methods, teaching aids, assessment and evaluation nature and purposes of curriculum and curriculum development, philosophy of nursing education, educational objective, curriculum development process, task analysis, learning experience, nursing education and clinical placement audit.

Course Objectives:

Upon completion of the prescribed contents participants will be able to:

1. Understand the concept of nursing education, learning and different terminologies
2. Define teacher and teaching, teaching methods, teaching Aids
3. Explain the concept of assessment and evaluation and their different types
4. Explain the nature and purposes of curriculum and curriculum documents
5. Explain the importance of philosophy in nursing education and educational objectives
6. Demonstrate a good understanding about the process of curriculum development, task analysis, learning experience
7. Explain the significance of nursing education and clinical placement audit.

Teaching Learning Methods

1. Brain storming
2. Lecture
3. Discussion
4. Role play
5. Simulation
6. Peer group assessment
7. Field visit

Course outlines
1st year

Units	Contents	Hours
1	Concept and history of nursing education	2
2	Current trends in nursing education	2
3	Different terminologies: <ul style="list-style-type: none"> - Definition of various terminologies commonly used or related to the subject - Concept, purpose, Aims and process of education - Types of education - Formal/non-formal/Informal education 	8
4	Learning: <ul style="list-style-type: none"> - Concept of learning - Principles of learning - Principles of adult learning - Learning process - Level of learning - Learning theory 	8
5	Teacher <ul style="list-style-type: none"> - Quality of a teacher - Function of teacher - Roles of teacher <ul style="list-style-type: none"> • Instructional role • Faculty role • Individual role • Community role • Professional role 	8
6	Responsibilities of a nurse teacher <ul style="list-style-type: none"> - Diagnosis of learning needs - Analysis of learning needs - Helping students to learn - Checking that the learning has occurred - Taking responsibilities for students' welfare 	6
7	Teaching: <ul style="list-style-type: none"> - Concept of teaching - Purpose of teaching - Teaching techniques <ul style="list-style-type: none"> • Classroom management • Regulation of physical environment 	14

	<ul style="list-style-type: none"> • Handling attendance • Regulation of activities • Handling instructional materials <ul style="list-style-type: none"> - Factors influencing teaching (Factors related to teacher, students, strategies & others) - Teaching approaches 	
8	<p>Teaching methods:</p> <ul style="list-style-type: none"> - Selection of appropriate Teaching Methodologies - Brain storming - Lecture method - Discussion method - Clinical teaching - Demonstration method 	12
9	<p>Teaching Aids:</p> <ul style="list-style-type: none"> -Types -Importance of teaching aids -Preparation handout, posters, Charts, & transparency -Use of teaching aids -Multimedia, White board, Chalk board, Marker pen OHP, Flip chart 	14
10	<p>Lesson plan:</p> <ul style="list-style-type: none"> - lesson plan - Develop a ideal lesson plan format - Concept of microteaching 	12
11	<p>The nature and purposes of curriculum and curriculum documents:</p> <ul style="list-style-type: none"> - Curriculum & syllabus - Purposes of curriculum development - Difference between curriculum & syllabus - Components of curriculum - Functions of curriculum 	12
12	<p>The nature and purposes of curriculum & curriculum documents:</p> <ul style="list-style-type: none"> - Major factors influence on curriculum development - Need for curriculum revision/ change - Level of curriculum planning - Factors influence on curriculum planning - Meaning of knowledge, attitude & skills 	12

Course outlines
2nd year

Units	Contents	Hours
	<p>Teaching methods:</p> <ul style="list-style-type: none"> - Simulation Simulation exercise Peer assessment - Snowball - Role play - Field trip/Field visit - Case study - Jocks 	10
	<p>Philosophy of nursing education:</p> <ul style="list-style-type: none"> - Meaning of Philosophy - Important Philosophies of Education <ul style="list-style-type: none"> • Idealism • Naturalism • Pragmatism • Existentialism • Realism • Humanism - Educational psychology 	10
	<p>Educational Objective</p> <ul style="list-style-type: none"> - Meaning and Importance - According to Mary McGuire (1963) Types Elements Quality (SMART) - According Bloom Taxonomy (1956) - Level of educational objectives - Formulation of the educational objectives 	12
4	<p>The nature and purposes of curriculum and curriculum documents:</p> <ul style="list-style-type: none"> - Statutory body & its function - Curriculum Committee and its purposes - Core curriculum - Standard 	8
5	<p>Curriculum development process:</p> <ul style="list-style-type: none"> - Stages of Curriculum process - Steps in curriculum construction - Steps of curriculum development/phases of curriculum development 	8

6	Task analysis <ul style="list-style-type: none"> - Concept - Importance of Task analysis - Process of task analysis - Enabling factors and performance skills 	6
7	Learning Experience	6
8	Nursing Education Audit	4
9	Clinical Placement audit	2
10	Level of construction of question	4
11	Assessment: <ul style="list-style-type: none"> - Concept - Types - Purpose - Steps - Methods - Criteria for effective Assessment 	4
12	Tools of assessment: <ul style="list-style-type: none"> - Written examination - Oral examination - Performance test 	4
13	Evaluation of Clinical Practice of Nursing <ul style="list-style-type: none"> - Concept - General issues in assessment of clinical evaluation - Clinical evaluation - Assessing clinical performance - Clinical evaluation process - Classification of clinical evaluation - Types of observation tools 	6
14	Educational Administration <ul style="list-style-type: none"> - Educational Administration Meaning - Aims and Objectives - Elements of educational administration - Functions 	6

Nursing Administration and Management

Theory: 160 hrs

Lab: 0

Practical: 144 hrs

Course Description:

This course is designed to develop students' capacity about Nursing Administration and Management, planning, decision making, organizing, staffing, directing and leading, leader and leadership, communication and interpersonal relationship, controlling, nursing audits, inventory management, record and reports, coordinating, supervision, budgeting, power and authority in nursing, delegation of authority, time management, educational administration in nursing, job description, procurement, organizational change, organizational conflicts, problem solving, staff development, quality control, concept of employees welfare and social security, Bangladesh Service Rules (BSRs), office management & time value of money, legal and ethical aspect of nursing.

Course Objective:

Upon completion of this unit the students will be able to:

1. Explain Nursing Administration and Management, planning, decision making, organizing, staffing, directing and leading, leader and leadership
2. Explain administrative communication and interpersonal relationship, controlling, organizational change, organizational conflicts, problem solving, staff development
3. Understand nursing audits, inventory management, record and reports, coordinating, supervision, budgeting
4. Describe power and authority in nursing, delegation of authority, time management, educational administration in nursing, job description
5. Describe procurement, quality control, concept of employee's welfare and social security, Bangladesh Service Rules (BSRs), legal and ethical aspect of nursing.
6. Discuss about office management & time value of money.

Teaching-learning Methods:

1. Brain storming
2. Lecture
3. Discussion
4. Field Visit
5. Role play
6. Simulation

Course Outlines
1st year

Units	Contents	Hours
1	<p>Introduction to Nursing Administration and Management:</p> <p>Nursing Administration and Management:</p> <ul style="list-style-type: none"> - Current issues in Nursing - Principles of Administration and Management - Administration and Management for profit and nonprofit organization - Basic characteristics of Administration and Management - Importance of Administration and Management - Resource Management <ul style="list-style-type: none"> • Human • Physical • Financial • Time • Information - Elements of Administration and Management - Essential resources for Administration and Management - Administration and Management process: <ul style="list-style-type: none"> • Planning • Decision making • Organizing • Staffing • Directing & Leading and • Controlling - Nature and scopes of Administration and Management - Levels of Administration and Management <ul style="list-style-type: none"> • Top level • Middle level • Front level - Management Skills at deferent levels - Differences between Administration and Management - Theories of Administration and Management <ul style="list-style-type: none"> • Historical development theory • Classical Theory 	26
2	<p>Planning:</p> <ul style="list-style-type: none"> - Elements of Planning in Hierarchical nature - Purposes, Benefits & Guidelines - Planning for hospital nursing services <p>Plan:</p> <ul style="list-style-type: none"> - Reactive/proactive plan - Contingency plan 	6

	<ul style="list-style-type: none"> - Operational plan - Strategic plan 	
3	<p>Decision making</p> <ul style="list-style-type: none"> - Types of decision - Decision strategies - Models of Decision making - Decision making tools - Barrier of Decision making - Decision making process/Steps in nursing 	4
4	<p>Organizing</p> <ul style="list-style-type: none"> - Organizational structure in nursing - Nature of organization - Environment & organization - Organizational characteristics - Importance of organization - Theories of organization - Principles of organization - Steps of organization - Organizational design - Draw an organizational structure of your institution - Organizational committee - Organizational change & its management 	12
5	<p>Staffing</p> <ul style="list-style-type: none"> - Meaning of staffing - Types of staffing - Objectives of staffing in nursing - Recruitment process - Guide to staffing in nursing service - Factors influencing staffing recruitments in nursing service 	4
6	<p>Directing and leading</p> <p>Motivation:</p> <ul style="list-style-type: none"> - Principles & Techniques - Different Theories & Stages <p>Leader and Leadership</p> <ul style="list-style-type: none"> - Types of Leader & Leadership Styles - Theories of Leadership - Importance and Functions of Leadership for nursing <p>Communication and Interpersonal Relationship</p> <ul style="list-style-type: none"> - Elements of Communication Process - Types of Communication - Importance of communication for patient care and team functioning - Theories of communication in management - Barriers to effective Communication and its impact to Organization - Strategies / Guidelines of good Communications Skills - Characteristics of good Communication Skills 	10

	<ul style="list-style-type: none"> - Assertive Behavior for professional development 	
7	<p>Controlling</p> <p>Nursing Audits</p> <ul style="list-style-type: none"> - Definition of Nursing Audits - purposes of Nursing Audits - Methods of Nursing Audits - Advantages& disadvantages of Nursing Audits <p>Inventory Management</p> <ul style="list-style-type: none"> - Inventory & inventory control - Purposes / Objectives - Classifications of inventory - Technique of inventory control - Role of a nurse manager in inventory control <p>Record and Reports</p> <ul style="list-style-type: none"> - Types of nursing records - Purposes and Importance - Difference between records and reports - Nurses' responsibilities in record keeping and reporting 	12
8	<p>Coordinating:</p> <ul style="list-style-type: none"> - Nature of coordinating - Types - Importance - Principles - Techniques 	2
9	<p>Supervision:</p> <ul style="list-style-type: none"> - Meaning of supervision - Purposes of supervision - Types of Supervision Styles - Principles of effective Supervision - Tools & Techniques of supervision - Qualities of a Nursing supervisor - Poor Supervision related factors 	4

Course Outlines
2nd year

Units	Contents	Hours
1.	Budgeting: <ul style="list-style-type: none"> - Meaning - Purposes - Types - Principles - Budgeting process - Budget preparation 	10
2.	Power and Authority in Nursing: <ul style="list-style-type: none"> - Types of Power & Authority - Sources of Power & Authority - Techniques of Power-base Building Delegation of Authority <ul style="list-style-type: none"> - Purposes Delegation of Authority - Process of Delegation of Authority - Errors to Delegation of Authority - Guiding principles of effective Delegation 	6
3.	Time Management <ul style="list-style-type: none"> - Time management and its Importance - Different stages - Techniques of effective time Management 	4
4.	Educational Administration in Nursing <ul style="list-style-type: none"> - Meaning of Educational Administration - Aims and objectives - Elements - Functions 	4
5.	Job Description: <ul style="list-style-type: none"> - Job Description of all categories of nursing and non nursing employees 	12
6.	Procurement <ul style="list-style-type: none"> - Procurement meaning - Procurement procedure - Difference between procurement and purchasing - Procurement and supply management 	4
7.	Organizational Change, Conflicts and Problem Solving Organizational Change: <ul style="list-style-type: none"> - Importance of Organizational change - Types of change - Resistance to change - Strategies for effective change Organizational conflicts: <ul style="list-style-type: none"> - Sources & Types of Conflicts - Impacts of conflicts in Organization 	10

	<ul style="list-style-type: none"> - Conflicts management Process Problem Solving <ul style="list-style-type: none"> - Methods of problem solving - Process of problem solving - Problem solving skills 	
8.	Staff Development <ul style="list-style-type: none"> - Meaning of staff development - Objectives of staff development - Staff Development Process 	2
9.	Quality Control <ul style="list-style-type: none"> - Nursing standards - Quality improvement - Evaluating the quality of nursing care - Risk management - Performance appraisal - Quality control Committee 	10
10.	Concept of Employees Welfare and Social security <ul style="list-style-type: none"> - Concept of welfare and social security - Needs of employee's welfare - Employment conditions of nursing personnel - Recommendations of International Labour Conference Session 	4
11.	The Bangladesh Service Rules (BSRs): <ul style="list-style-type: none"> - Leave - Disciplinary - Financial - Retirement - Annual Confidential Report and its necessity 	8
12.	Office management Time value of money	2
13.	Legal and ethical aspect of nursing	4

Nursing Research

Theory:	140 hrs
Lab:	0
Practical:	240 hrs

Course Description:

This course aims to prepare the students to understand Research, Nursing Research, literature review, formulate research problem, research objective, research methodology, research proposal, development of research tools/ instruments, conducting project, evidence, evidence based nursing (EBN), evidence based practice (EBP), steps of evidence based practice (EBP), , psychometric property, biostatistics, critique of research articles, journal club, ethical issues related to EBN.

Course objectives:

Upon completion of the prescribed contents participants will be able to:

1. Demonstrate a better understanding in research, nursing research, literature review, formulate research problem, research objective, research methodology
2. Develop ability to prepare a research proposal, development of research tools/ instruments and conducting project,
3. Demonstrate a better understanding about evidence, evidence-based nursing (EBN), evidence-based practice (EBP),
4. Acquire knowledge in biostatistics, psychometric property
5. Develop ability to critique research articles, journal club,
6. Appreciate ethical issues related to EBN.

Teaching Method:

1. Brain storming
2. Lecture
3. Discussion
4. Demonstration

Course Outline
1st year

Units	Contents	Hours
1	Research: <ul style="list-style-type: none"> - Concept - Conceptual Framework - Terminology - Hypothesis - Research question - Objectives - Characteristics - Ethical Principles of Research 	12
2	Nursing research <ul style="list-style-type: none"> - Meaning of nursing research - Purposes of nursing research - Types of research - Steps of research/Process - Influencing activities of nursing research - Importance of research in nursing - Scope of nursing research - Ethical consideration - Utilization of research findings in nursing 	12
3	Literature review <ul style="list-style-type: none"> - Literature review - Types - Sources - Technique of searching literature 	6
	Formulate research problem <ul style="list-style-type: none"> - Statement of research problem - Level of research problem - Hypothesis in nursing research - Variables 	8
	Research Objective <ul style="list-style-type: none"> - Specific objectives 	2
	Research methodology <ul style="list-style-type: none"> - Research Design - Study place/Setting - Study population - Sample and sampling techniques 	10

	<ul style="list-style-type: none"> - Sample size estimation - Methods of data collection - Data collection technique - Data processing - Data analysis, - Interpretation and Discussion - Recommendation and conclusion - Ethical consideration - Report writing and Dissemination 	
	<p>Research Proposal</p> <ul style="list-style-type: none"> - Introduction - Justification - Planning - Methodology - Budgeting - References 	4
	<p>Evidence</p> <ul style="list-style-type: none"> - Concepts of evidence - Components of evidence - Types and Sources of evidence - Level of evidence <ul style="list-style-type: none"> • Qualitative evidence • Quantitative evidence 	6

Course Outline
2nd year

Units	Contents	Hours
1	Evidence Based Nursing (EBN) <ul style="list-style-type: none"> - Concept of evidence and evidence-based nursing - Principles of EBN - Components of EBN - Steps - Theories of EBN - Factors contributing to EBN - Nurses' role in the process of EBN - Barriers of evidence-based nursing and strategies to overcome 	14
2	Evidence based practice (EBP) <ul style="list-style-type: none"> - Concept of EBP - Importance of EBP in nursing - Principles of EBP - Models of EBP 	14
3	Steps of evidence-based practice (EBP): <ul style="list-style-type: none"> - Cultivate spirit of inquiry - Ask clinical question (PICOT) - Search and collect relevant evidence - Critically apprise the evidence - Integrate the evidence - Evaluate outcomes - Disseminate the outcomes 	12
4	Development of Research tools/ instruments	6
5	Psychometric property <ul style="list-style-type: none"> - Validity - Reliability 	4
6	Biostatistics <ul style="list-style-type: none"> - Concepts of statistics and biostatistics - Tools of measurement - Rating Scale 	14
7	Critique of research articles	8
8	Journal Club <ul style="list-style-type: none"> - Concepts - Importance - Guideline for preparing a topic to present in a Journal Club - Steps in presenting a Journal Club - Utilization of best findings 	6
9	Ethical issues related to EBN	2

Study Skills

Theory: 60 hrs

Lab: 0

Practical: 0

Course Description:

The course is designed for the development of nurses' level of knowledge and skills in English grammar increase vocabulary in the areas of reading, writing, speaking and listening.

Course Objectives:

Upon the completion of the subject, Student will be able to:

1. Develop ability to understand health related abstract, stories, books, journals or essays by scanning and skimming
2. Develop writing ability in English by practicing
3. Develop ability in fluent speaking in English
4. Develop listening skills in English by using aids.

Teaching Learning Methods:

Lecture
Discussion
Conversation
Debate

Study materials:

1. Computer with internet (Web based searching), Multimedia, Literature, Research articles, New Paper, Journal Magazine and reference books

Course Outlines

Units	Contents	Hours
01	Review of Grammar: <ul style="list-style-type: none"> - Parts of speech - Tense - Preposition - Voice change - Transformation of verb - Articles - Compositions - Modals - Report writing - Tag question - Summery Writing 	10
02	Study skills: <p>2.1 Reading Skills</p> <ul style="list-style-type: none"> • Vocabulary • Scanning and • Skimming • Connectives and idiom phases • Use of dictionary • Uses of library • Library catalogue system <p>2.2 Writing Skills</p> <ul style="list-style-type: none"> • Objectives writing • Story writing • Paragraph writing • Paraphrase • Essay writing • Report writing • Problem identification • Referencing and • Bibliography <p>2.3 Listening Skill</p> <ul style="list-style-type: none"> • Listening Comprehension • How to use Audio-visual devices <p>2.4 Speaking Skill</p> <ul style="list-style-type: none"> • Dialogue and Conversation • Debate 	50

Reproductive health

Theory:	90 hrs
Lab:	0
Practical:	96 hrs

Course Description:

This course is designed to provide a comprehensive theoretical knowledge and clinical practice skills on Reproductive health, reproductive endocrinology and genetics, policies and programme on reproductive health, adolescents health, fertility regulation, infertility, psychosomatic problems, human sexuality, safe motherhood, disorders of reproductive age, maternal and child health care, family planning procedures, practice skills on contraceptive methods, ethical and legal aspects.

Course Objective:

Upon completion of the prescribed contents students will be able to:

1. Demonstrate the knowledge on Reproductive Health, reproductive endocrinology and genetics, policies and programme on reproductive health
2. Demonstrate a good understanding about comprehensive knowledge on adolescents' health, fertility regulation, infertility, psychosomatic problems, human sexuality, safe motherhood
3. Describe disorders of reproductive age, maternal and child health care, family planning procedures
4. Demonstrate practice skills on contraceptive methods and ethical and legal aspects.

Teaching Learning Methods:

1. Brain storming.
2. Lecture
3. Discussion
4. Demonstration
5. Clinical teaching
6. Role play
7. Simulation
8. Case study

Course Outline

Unit	Content	Hours
1	Reproductive health: <ul style="list-style-type: none"> - Concept of reproductive health - Elements of reproductive health - Role of woman in reproductive health - Status of women in reproductive health of Bangladesh - Social, demographic and physiological trends of woman health during reproductive age 	8
2	Reproductive Endocrinology and Genetics <ul style="list-style-type: none"> • Endocrine Biochemistry • Reproductive Neuroendocrinology • Ovary and Testes • The Breast • The pituitary gland • The Thyroid Gland • The Adrenal Gland • Menstruation and Menstrual Disorders • Endocrinology of Pregnancy • The hormones • Principles of Human Genetics • Genetics of Sexual Differentiation • Genetics of Other Gynecologic Disorders • Assisted Reproductive Technology • Pre implantation Genetics 	10
3	Policies and Programme on reproductive health: <ul style="list-style-type: none"> - Sexual and reproductive health services in Bangladesh - Strategies of reproductive and adolescent health - Population program - Maternal and child health program - Vaccination program - Nutrition program 	4
4	Adolescents' health: <ul style="list-style-type: none"> - Adolescent health behavior - Nutrition and diet habit during adolescent - Sex education and sex behaviors - Physical and psychological health problems during Adolescent period - Counseling and sex education 	6
5	Fertility Regulation, Infertility, Psychosomatic Problems, and Human Sexuality <ul style="list-style-type: none"> - Concept of Fertility and infertility - Importance of Fertility Regulation 	8

	<ul style="list-style-type: none"> - Demographic trends - Behavioral and Psychosomatic Problems - Human Sexuality - Primary and Preventive Care - Food and Cultural habits - Social impact of infertility - Menopause 	
6	Safe motherhood	4
7	Disorders of Reproductive age: <ul style="list-style-type: none"> - Abortion - Genital prolapsed - Carcinoma of genital tract - Pelvic infection - Sexual transmitted diseases - HIV/AIDs 	12
8	Maternal and child health Care <ul style="list-style-type: none"> - Antenatal care - Intranatal care - Postnatal care - Newborn care 	6
9	Family planning <ul style="list-style-type: none"> - Concept of Family Planning and contraceptive methods - Types and mechanism of contraceptive methods - Natural methods of family planning - Surgical contraception - Contraceptive pills, ECP (Emergency Contraceptives Pills) - Other devices and methods - Injectable contraceptives - Barrier contraceptives - IUD - Implant - MR /MVA - Education and counseling on Family Planning methods 	20
10	Procedures and Practice skills on Contraceptive Methods <ul style="list-style-type: none"> - Implant, - IUCD, - Injection etc. - MR/MVA 	10
11	Ethical and Legal aspects	2

Mental Health & Psychiatric Nursing

Theory:	80 hrs
Lab:	0
Practical:	48 hrs

Course Description:

This course aims to provide knowledge in Mental Health and Psychiatric Nursing, theoretical approaches of the principles of management of the mental health disorders and psychiatric nursing care, mental illness, psychosis, neurosis, personality disorder/ character logical disorder, childhood disorders/neurodevelopmental disorder, mental retardation and autism spectrum disorder. organic brain/mental disorder, crisis and aggression, psychiatric emergencies, therapeutic communication, therapeutic-nurse patient relationship, therapeutic psychiatry, substance abuse, antipsychotic drugs, in hospital and community context community mental health nursing, legal and ethical aspects of mental health nursing

Course Objectives

Upon completion of the course the participant will be able to:

1. Explain mental health and psychiatric nursing, community mental health nursing, theoretical approaches to psychiatric nursing care, mental illness, psychosis, neurosis, personality disorder/ character logical disorder,
2. Describe childhood disorders, neurodevelopmental disorder, organic brain/mental disorders, crisis and aggression, psychiatric emergencies,
3. Demonstrate knowledge on therapeutic communication, therapeutic psychiatry, substance abuse, antipsychotic drugs
4. Describe legal and ethical aspects of mental health nursing.

Teaching-learning Methods:

1. Brain storming
2. Lecture
3. Discussion
4. Role play
5. Simulation
6. Clinical teaching
7. Field visit

Course outlines

Units	Contents	Hours
1	Mental Health <ul style="list-style-type: none"> - Concepts - Dimensions - Principles - Purposes of studying Mental Health - Characteristics of mentally healthy individual - Concepts of normative behaviour - Characteristics of a normal human behaviour - Criteria to assess the Normality and Abnormality - Policy and advocacy in Mental Health 	4
2	Psychiatric Nursing <ul style="list-style-type: none"> - Concepts of Psychiatric Nurse & Nursing - Historical development of Psychiatric Nursing - Terminologies used in Psychiatric Nursing. - Biological & psychological context - Social, cultural and spiritual context - Principles - Qualities of a Psychiatric Nurse - Role and functions of Psychiatric Nurse 	4
3	Theoretical approaches to Psychiatric nursing Care <ul style="list-style-type: none"> - Psychoanalytic Theory - Interpersonal Theory - Behavioural Theory - Humanistic Theory - Stress Theory - Biological Theory 	6
4	Mental Illness <ul style="list-style-type: none"> - Concept of mental illness - Classification of mental illness - Causes of mental illness - Early Recognition of mental illness - Assessment - Examination of psychiatric patients 	4

5	<p>Psychosis</p> <ul style="list-style-type: none"> - Meaning of psychosis - Causes - Clinical Manifestations - Treatment. - Types of psychosis and their management <ul style="list-style-type: none"> • Organic Psychosis • Schizophrenia and Schizoaffective disorder • Bipolar disorder • Major Depressive Disorder • Affective Disorder/Mood Disorder • Adjustment disorders • Cognitive disorders: delirium, dementia, and amnesic disorders • Substance-related disorders • Postpartum psychosis • Disorders of infancy, childhood, and adolescent • Eating disorders • Sleep disorders 	8
6	<p>Neurosis</p> <ul style="list-style-type: none"> - Causes - Clinical Manifestations of Neurosis - Treatment and Prognosis of Neurosis - Difference between Psychosis and Neurosis - Types of neurosis and their management <ul style="list-style-type: none"> • Anxiety Disorder and its types • Depersonalization, • Obsessive Compulsive Neurosis • Somatoform disorders • Phobia and its type • Post-traumatic stress disorder. • Sexual disorders 	8
7	<p>Personality Disorder/ Characterological Disorder</p> <ul style="list-style-type: none"> - Classification - Risk Factors - Aetiology - Diagnosis - Treatment - Complications - Types of Personality disorder and their management- <ul style="list-style-type: none"> • Psychopathy • Sociopathy • Antisocial Personality Disorder • Paranoid Personality Disorder 	8

	<ul style="list-style-type: none"> • Obsessive-Compulsive Personality Disorder, and Schizoid personality Disorder 	
8	Childhood Disorders/Neurodevelopment Disorder: Types and its management <ul style="list-style-type: none"> - Mental Retardation - Attention deficit hyperactivity disorder (ADHD) - Autism Spectrum Disorder, - Communication Disorder - Selective Mutism, - Speech Disorders - Eating Disorders –Anorexia Nervosa, Bulimia Nervosa (this two are the types of eating disorder) - Conduct Disorders - Violent Behaviour - Childhood Schizophrenia 	8
9	Organic Brain/Mental Disorder <ul style="list-style-type: none"> - Causes - Clinical Manifestations - Treatment and Nursing Management - Types of Organic Brain Disorders and their management <ul style="list-style-type: none"> • Dementia • Alzheimer’s Disease • Parkinson’s Disease • Senile Psychosis - Delirium and its Nursing Management 	4
10	CRISIS AND AGGRESSION: Types, Characteristics, developmental phases, Sign and Symptoms, Theory and Techniques of Intervention of – <ul style="list-style-type: none"> - Crisis - Grief 	4
11	Psychiatric Emergencies: Common Psychiatric Emergencies and their management- <ul style="list-style-type: none"> - Suicide: - Violence and forensics in clinical practice - Abuse - Neglect - Anger - Hostility - Aggressive Behaviour - Rape 	4
12	Therapeutic Communication <ul style="list-style-type: none"> - Models - Techniques - Therapeutic communication skills Therapeutic-Nurse Patient Relationship <ul style="list-style-type: none"> - Concept of Nurse Patient Relationship - Purpose 	2

	<ul style="list-style-type: none"> - Types and - Phases of Therapeutic Nurse-Patient Relationship - Factors determining effective nurse-patient relationship 	
13	<p>Therapeutic Psychiatry</p> <ul style="list-style-type: none"> - Aims - Classification of Therapies - Physical therapies - Electro convulsive Therapy (ECT) - Psychotherapy <ul style="list-style-type: none"> • Individual psychotherapy • Group therapy • Behavioral therapy • Cognitive behavior therapy • Occupational therapy • Milieu therapy • family therapy and • drug therapy - Role of nurse in specific therapies. 	8
14	<p>Substance Abuse: Types, Causes, pathogenesis, Clinical manifestation, Complications, Management, Withdrawal Syndrome and its Effects –</p> <ul style="list-style-type: none"> - Tobacco - Alcoholism - Drug Abuse - Long Term Effects of Drug Usage - Common drugs used for Addiction 	4
15	<p>Antipsychotic Drugs: Generic name, Trade name, Action, Uses and Side effects of -</p> <ul style="list-style-type: none"> - Antipsychotic drugs - Antidepressant drugs - Mood stabilizing drugs - Antianxiolytic drugs - Anti-Parkinson drugs 	4
16	<p>Community Mental Health nursing</p> <ul style="list-style-type: none"> - Concept of Community Mental Health nursing - Scope - Goal of community Mental - Historical development of community mental health services - National mental health policy - Role of the nurse in community mental health 	2
17	<p>Legal and ethical aspects of mental health nursing</p> <ul style="list-style-type: none"> - Mental health Act - Rights of Mentally ill person - Legal and ethical role of nurse - Legal and ethical Aspects Related to Community Psychiatry 	2

Health Education & Communication Skills

Theory:	82 hrs
Lab:	0
Practical:	48 hrs

Course description:

This course is designed to develop knowledge and demonstrate skills of participants on health education and communication skills that would help them to be competent to provide opportunity to practice effectively to perform their responsibilities in their working areas. From this perspective the following indicative contents are included in the course: concept, principles objectives, purposes and approaches of health education, health education in specific setting: hospital, clinic, community. Communications theory, principles, types, elements, methods, characteristics, way of communication, barrier to effective communication; counseling techniques in health education, interview techniques, listening skills, non-judgmental approach, inter-sectoral & inter-agencies. The integrated knowledge will enable the participants to develop positive attitude for health promotion focusing on self-care of an individual, family and community, life style, health behavioral modification, organizing health education program, identifying appropriate Methods & Medias and demonstrate good communication skills on the aspects of social values & beliefs.

Course Objectives:

Upon completion of this subject students will be able to:

1. Explain the concept and theories related to health education
2. Explain principles of health education, objectives, purposes and approaches of health education in specific setting
3. Explain communications theory, principles, types, elements, methods, characteristics, way of communication, barrier to effective communication;
4. Demonstrate counseling techniques in health education, interview techniques, listening skills, non-judgmental approach, intersectoral & inter-agencies.
5. Prepare students to organize health education programmes in independently.
6. Maintain professional code of ethics in every steps

Teaching-learning Methods

1. Brain storming
2. Lecture & discussion
3. Group discussion
4. Clinical teaching
5. Assignment
6. Self-directed study
7. Role play
8. Simulation

Course outline

Unit	Contents	Hours
1	Health Education <ul style="list-style-type: none"> - Concept of health education - Aims & objectives - Importance - Scopes of health education - Principles & - Stages of health education. - Ethical and legal aspects of health education 	14
	Health Promotion <ul style="list-style-type: none"> - Historical background and concept of health promotion - Theories of health promotion - Health promotion priorities areas. - Health promotion strategies - Elements of health promotion - Factors influencing in health promotion - Principles of health promotion - Preventive measures. - The role of a nurse in health promotion 	16
	Process of learning <ul style="list-style-type: none"> - Factors affecting - Ways of learning - Steps of learning - Characteristics of learning - Theories of learning 	10
	Perception: <ul style="list-style-type: none"> - Introduction & meaning of perception, - determinants - criteria - facts of perception Adoption process: <ul style="list-style-type: none"> - Introduction of adoption 	8

	<ul style="list-style-type: none"> - Definition of adoption process - Stages of adoption process 	
6	Approaches <ul style="list-style-type: none"> - Approaches to health education - Regulatory, service, health education 	6
7	Methods of health education <ul style="list-style-type: none"> - Introduction, Definition, - types, - Characteristics. Individual methods: Interview (Definition, types, advantages, disadvantages) Group methods: Demonstration, role play, Group discussion, Brainstorming. Mass methods: Lecture, exhibition, Campaign, health museum. Criteria of selecting appropriate methods Counseling: (Meaning and definition, opportunities for counseling, techniques of counseling, qualities of counselor, advantages, disadvantages)	6
8	Media used for health education <ul style="list-style-type: none"> - Introduction, definition, - principle, - characteristics. - Types, - Criteria of selecting appropriate media of health education, - advantages and disadvantages. - Preparation of different educational materials eg. Poster, flip chart, booklet etc. Audio visual aids, <ul style="list-style-type: none"> - Uses/importance of audio-visual aids, - Preparation of audio –visual aids. Poster: <ul style="list-style-type: none"> - Definition, - Criteria, - advantages, disadvantages. Flip chart: <ul style="list-style-type: none"> - Definition, - Criteria, - Advantages, disadvantages. Mass media: <ul style="list-style-type: none"> - Definition, - Characteristics - Principles, - Role of mass media in health education. - Advantages and disadvantages of mass media. Television, radio, tape recorder, video etc.	8

9	<p>Communication skills</p> <ul style="list-style-type: none"> - Concept of communication - Importance - Functions - Scopes - Steps of communication - Purposes - Types - Elements - Characteristics - Principles of communication - Communication Models <p>Communication process</p> <ul style="list-style-type: none"> - Ways of communication process - Communication theory. - Barrier ineffective communication, - Nurses' role in minimizing barrier of communication. 	6
10	<p>Therapeutic communication</p> <p>Meaning of therapeutic communication</p> <ul style="list-style-type: none"> - Purpose - Components - Technique of therapeutic communication, - Non –therapeutic technique. - Meaning of persuasive communication - Factors of persuasive communication - Nurses' role in creating & maintaining therapeutic& persuasive communication. 	6
Nurses Role and Responsibility in Health Education		2