

ANM

Syllabus

According to INC

First Year

Subject : 1 - Community Health Nursing

1. Concept of Health

- Health and its changing concepts; • Dimensions of health; • Determinants of health; • Health care—definition, components, significance, community & application.

2. Community Health practices

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

3. Health problems and policies

- Overview of health problems of communities in India • Trends and development in National health programmes and policies; • National health programmes and its implementation at community level; • Role and functions of Accredited Social Health Activists (ASHA); • Anganwadi worker, Dai etc.

4. Health Organization

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

5. Role of Health team

- Team concept and Functions of the Health team; • Role and Responsibilities of ANM I FHW; • Code of ethics for ANM.

6. Structure of Community

- **Rural community** : Characteristics, changes in the Village community development, major Rural problems; • **Urban Community** : Characteristics, changes and adjustments to urban environment,

- Major Urban problems; • **Village** : Physical structure-Administrative set up; • Function of Panchayat • 73rd and 74th amendments to Constitution and role of Panchayat in health; • Structure of an Urban community slum; • Social groups organizations, leaders; • Community resources.

Dynamics of Community

- **Social processes** : Individual and process of socialisation • Interaction between different –1 groups in the village; • Traditions and customs and their influence on health; • **Social stratification** : Influence of Class, Caste and Race on health and health practices; • **Family and marriage** Types • Changes & legislations on family and marriage in India-marriage acts.
8. **Community need assessment** :
 - Scope and Methods of community need assessment; • **Survey** : Planning preparation of tools; questionnaires, interview schedules, check list etc; • **Community survey** : Principles and methods, data collection, conducting interviews, focus group discussions (FGD) and case studies; • Participatory learning for action (PLA); • Analysis of data, Preparation of report.
 9. **Communication methods & Media**
 - Principles, Methods and Process of communication; • Inter personal relationship (IPR); Communication with different groups and health team members; • Types and use of AV aids; • Use of local folk methods and media for disseminating health messages; • 8CC (Behavioural change communication), JEC (Information, Education and communication) : Aims, Scope, Concept and approaches; • Teaching learning process, concept, characteristics, steps of learning, characteristics of learner; • Principles, methods of teaching; • Planning of health education activities; • Role and responsibilities of ANM's / Health workers in BCC.
 10. **Counselling**
 - Concept, Principles and Techniques of counselling; • Identifying needs and areas for counselling in the community; • Role of counsellor; • Role of ANM/Female Health worker as counsellor.
 11. **Community based Rehabilitation**
 - Health conditions needing Rehabilitation; • Community resources available; • Educate individuals, family and community.

Subject 2 : Health Promotion

Section - A : Nutrition

1. **Essential nutrients**
 - Importance of Nutrition in health and sickness; • Essential nutrients, functions, sources and requirements; • Classification of foods and their nutritive value; • Normal requirements at different ages; • Balanced diet for different age group.
2. **Nutritional problems**

Nutritional deficiencies: • Protein energy malnutrition; • Vitamin and Mineral deficiencies, Nutritional anaemia in women; • Under five nutrition; • The role of ANM/s/FHW/AWWs in supplementary food; • Special diets of individuals for different age group.
3. **Nutritional assessment (Methods)**
 - Nutritional assessment of individual and family : mother and child; • Identification of local food sources and their value in enriching diet; • Food fads, taboos, customs and their influence on health.

4. Promotion of Nutrition

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

Section - B : Human body and Hygiene

1. The Human Body

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

2. Hygiene of the Body (Personal & Individual Hygiene)

- Care of mouth, skin, hair and nails, Sexual hygiene; Menstrual hygiene;
- Hygiene and comforts needs of the Sick—Care of Skin, Bath sponging, back care, care of pressure points, position changing;
- Care of Hair: hair wash;
- Care of hand and nails: hand washing;
- Care of Eyes: Eye wash;
- Mouth care;
- Elimination care of bowels and bladder.

3. Optimal functioning of the Body

- **Basic human needs**— Rest, sleep, activity, exercise, posture etc; Food eating and drinking habits; Participation in social activities; Self-actualisation and spiritual need; Interpersonal and human relations; Lifestyle and health habits.

Section - C : Environmental Sanitation

1. Environmental Sanitation

- Environment & Ecology for healthy living: Basic sanitary needs;
- Air, sunlight and ventilation;
- Home environment: smoke, animals, water, drains and toilets etc.

2. Safe water

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

3. Disposal of Excreta and Waste

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

4. Community participation

- Drainage and preparation of soak pits;
- Maintaining healthy environment within and around village-cleaning and maintenance of village drains, ponds and wells;
- Common waste, excreta and animal waste-disposal in the village.

Section - D : Mental Health

Mental Health

- Concept & factors of Mental health;
- Body-mind Relationship;
- Characteristics of a mentally healthy person;
- Developmental tasks of different age groups;
- Different defense mechanisms.

2. **Maladjustment**
 - Features of Maladjusted individual; • Common causes of maladjustment; • Counselling an individual, family and community.
3. **Mental Wness**
 - Abnormal behaviours; • Types of mental illnesses and treatments; • Early detection and referral of mentally ill; • Prevention of mental illness; • Home care and counselling; • Refer psychiatric emergencies.
4. **Old age care**
 - Process of ageing-physical, psychological changes; • Needs and problems; • Care of elderly at home; • Rehabilitation and agencies of caring elderly.

Subject 3 : Primary Health Care

Section A : Infection and Immunization

1. **Concept of Disease**
 - Concept and Definition of illness; • Disease causation; • Classification of diseases.
2. **Infection**
 - Meaning and types of infection; • Causes of infection; • Classification and characteristics of micro organisms: Pathogenic and Non-pathogenic; • Incubation period and spread of infection-transmission; • Factors affecting growth and destruction of microbes.
3. **Immunity and Body defense mechanisms**
 - Body's defense mechanism; • Immunity-concept; • Hypersensitivity : Antigen antibody reaction; • Types of immunity; • Types of vaccines; • Storage and care-cold chain maintenance.
4. **Immunization -**
 - Immunization against different infections-immunization schedule; • Injection safety; • Methods of administering vaccine; • Sterilization of syringes and needles; • Immunization in the community; • Immunization Hazards; • Precautions while giving vaccines; • Special immunization drives and programmes; • Records and reports.
5. **Collection of Specimen (Principles & Methods)**
 - Collection of specimens and handling body discharges; • Collection of specimens of blood, sputum, urine, stool; • Safe disposal of body discharges.
6. **Disinfection and Sterilization**
 - Antisepsis, disinfection and sterilization; • Disinfecting different equipments; • Methods of Sterilizing different equipments.
7. **Waste Disposal**
 - Infectious and Non-infectious: concepts, principles, and methods at different levels.

Section B : Communicable Diseases

1. **Introduction to Communicable diseases**
 - Epidemiological concepts-Incidence and prevalence, mortality and morbidity; • Levels of prevention; • Control and prevention of communicable diseases-General measures; • Surveillance, isolation, notification, reporting.

2. **Communicable diseases** (Signs, symptoms, care & prevention)
 - Diphtheria, Pertussis, Tetanus, Poliomyelitis, Measles and Tuberculosis, Chicken pox, Mumps, Rubella, Enteric fever, Hepatitis, Rabies, Malaria, Dengue, Filaria, Kala-azar, Trachoma, Conjunctivitis, Scabies, STDs and HIV/AIDS, Encephalitis, Leptospirosis, Acute respiratory infections, Diarrhoeal diseases, Worm infestations, Leprosy, Role and responsibilities of Health worker/ANM.
3. **Care in Communicable diseases**
 - Care of patients with communicable diseases; • Isolation methods; • Standard safety measures (Universal precautions); • Health education and messages for different communicable diseases; • Role and responsibilities of health worker/ANM.
4. **Epidemic Management**
 - Definitions and causes of epidemics; • Epidemic enquiry in a community and epidemic mapping; • Relief work and Role of health worker/ANM.

Section - C : Community Health Problems

1. **Care of the Sick In the community**
 - Common health conditions in the community-danger signs of illnesses; • Health assessment: Taking history, Physical examination: Vital signs, Weight, Height: Recognition of abnormalities; • Identification of health problems; • Management of the sick : home and community nursing procedures, care of the sick, referral; • Health education: individual and family.
2. **Fever (Vital signs)**
 - Temperature, pulse, respiration, blood pressure; • Temperature maintenance and the physiology of fever; • **Fever** : Types and stage; • **Causes** of fever-common conditions causing fever, malaria, typhoid, Acute respiratory Infection (ARI) etc; • Nursing management of patient with fever; • Alternate system of medicine.
3. **Respiratory problems (Types & Classification)**
 - Cold and cough, ARI, Asphyxia, Tonsillitis, Asthma, Bronchitis, Pneumonia and Tuberculosis; • Causes, sign and symptoms, treatment of respiratory problems; • Role and responsibilities of ANM/health workers in care of patients with respiratory problems including Home care remedies; • Integrate accepted practices of AYUSH. -
4. **Aches and Pains** (Nursing management)
 - Tooth ache, Ear ache, Abdominal pain, Headache, Joint pains; • Management as per the standing orders and protocols; • Role of ANM/health worker in the community including Home care remedies; • Integrate accepted practices of AYUSH.
5. **Digestive problems**
 - Indigestion, Anorexia, Vomiting, Distension and Constipation; • Haemorrhoids, Hernia, Ulcera and Intestinal obstruction; • Role of ANM/health worker in the community including Home care remedies; • Integrate accepted practices of AYUSH.
6. **Urinary problems**
 - Signs & symptoms of Renal conditions; • Retention of urine, renal colic, edema; • Role of ANM/ health worker in the community including Home care remedies; • Integrate accepted practices of AYUSH.

- 7. **Cardiovascular problems (Signs & Symptoms)**
 - Heart attack, Chest pain, Anemia, Hypertension and Leukamia; • Care of a cardiac patient at home; • Role of ANM/health worker in the community including Home care remedies; • Integrate accepted practices of AYUSH.
- 8. **Diseases of the nervous system (Neurological problems)**
 - Headache, Backache and Paralysis; • Care of a patient with stroke at home; • Care of pressure points, back care changing of positions, active and passive exercises, body support to prevent contractures; • Role of ANM/health worker in the community including Home care remedies; • Integrate accepted practices of AYUSH.
- 9. **Metabolic diseases**
 - Diabetes; • Skin care, foot care; • Urine testing and administration of insulin injection; • Integrate accepted practices of AYUSH.
- 10. **Diseases of Musculo-skeletal system**
 - Sprain, Tear of ligaments and arthritis; • Integrate accepted practices of AYUSH.
- 11. **Care of Handicap :**
 - Handicaps-different types; • Counselling for prevention of certain handicaps; • Understandings the handicapped person; • Helping family to ensure need based care.

Section - D : Primary Medical Care

- 1. **Types of Drugs**
 - Different systems of medicine: Ailopathic and AYUSH; • Classifications of drugs; • Forms and characteristics of drugs; • Abbreviations used in medication; • Administration of drugs: Policies and regulations, as per protocols and standing orders; • Calculation of dosage.
- 2. **Administration of Drugs**
 - Routes of administration-Oral, parenteral (intradermal, intramuscular, subcutaneous, intravenous), rectal, local and others; • Administration of drugs: Precautions, principles; • Observations and recording.
- 3. **Drugs used in minor ailments**
 - Common drugs for fever, cold and cough, aches and pains etc; • Drug kit in the subcentre, content and its use; • Storage and care of drugs.
- 4. **Common Emergency Drugs**
 - Methergine, misoprostol injection oxytocin, W fluids, antibiotics, injection and magnesium sulphate, deriphylline, avil and other antihistaininic, pethedine, vitamin K, antirabies vaccine, anti snake venoms as per the protocol; • Precautions for administration; • Storage and Care of emergency drugs.

Section - E : First Aid and Referral

- 1. **Need for First Aid**
 - Principles of First aid; • Mobilization of resources; • First aid kit & supplies; • Bandages : Types, Uses; • Principles and methods of Bandaging.
- 2. **Minor Injuries and Ailments**
 - Cuts and wounds : Types, principles and first aid care; • Foreign bodies; • Burns and scalds types, principles and first aid care; • Health education and Referral; • Role of ANM/health worker.

3. Fractures

- Skeletal system and different bones; • Fractures : Types, causes, signs and symptoms, first aid care; • Methods of immobilization and transportation.

4. Life threatening conditions

- Bleeding; • Drowning; • Strangulation, Suffocation and Asphyxia; • Loss of consciousness; • Cardio respiratory arrest; • Convulsions; • Foreign bodies; • Chest injuries; • Shock and allergic conditions; • Poisoning, bites and stings; • Heat stroke; • Severe burn.

Subject - 4 : Child Health Nursing

1. Growth & Development

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

2. Nutrition of Infants and Children

- Exclusive Breast feeding; • Nutritional requirements; • Complementary feeding; • Problems of feeding; • Breast feeding counselling; • Infant feeding and HIV; • Baby friendly hospital initiative.

3. Children's Rights

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

4. Care of the sick child

- Common childhood disorders; • Signs, symptoms and management; • Vaccine for preventable diseases; • Acute Respiratory tract infections; • Diarrhoea, vomiting, constipation; • Tonsillitis and mumps; • Ear infections; • Worm infestation; • Accidents and injuries; • Skin infections; • Fever-malaria, measles; • IMNCI strategy.

5. Care of School children

- **School health** : Objectives, problems and programmes; • Environment of school; • General health of school children; • Dental and eye problems; • Nutritional deficiencies; • School health education for children; • Need based sharing of health information with teachers/parents/children; • Records and reports.

6. Care of Adolescents

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

7. Care of Adolescent girls

- Menstruation and menstrual hygiene; • Special nutritional needs; • Early marriage and its affects; • Adolescent girls: pregnancy and abortion; • Preparing for family life-pre marital counselling; • Role of ANM/female health worker.