



CURRICULUM

CERTIFIED NURSING ASSISTANT (CNA) 02 Year Diploma Program

Note: Formally course titled was License Practical Nursing (LPN)

Pakistan Nursing Council Islamabad

www.pnc.org.pk

Revised & Updated on 11th March 2013

INTRODUCTION

In today's complex health care system nurses require a diverse range of knowledge and skills to match with the increasing complexity of the health care system. The education must enable the nursing practice on a continual basis. The overall aim of the **(LPN)** programme is to produce nurses who can work with Registered Nurse (RN) in a multidisciplinary approach for nursing practice. This programme is intended to provide auxiliary nurses to graduate nurses for improvement in quality of patient care and lessen the burden of health care cost. It will also help to overcome the shortage of nurses which is an acute problem at national and international levels.

The **License Practice Nursing** is a 2 year Diploma education programme leading to practice as a License Practical Nurse **(LPN)**. The programme offers knowledge, skills and professional attitude at lower cost as compare to RN. Upon completion of this programme the LPN will be a safe clinical nurse, who can provide care at primary, secondary and tertiary levels in association with RN in hospitals and community settings.

The nursing institutions offering a LPN nursing programme must be recognized by PNC, affiliated to a Hospital. **This document represents the first national efforts to develop curriculum of two years LPN nursing curriculum. The role of PNC is to provide guideline for the curriculum and its intention is to provide direction, considering the current faculty situation this document describes all the courses outline and levels, as well as, sequences of the courses for LPN.**

Justification

This programme is intended to prepare nurses at lesser cost as well as to overcome the shortage of nurses which is an acute problem at national and international levels.

- Cost effective in sense of time and recourses as compared to diploma programme.
- Provision of training and job opportunities to those females who has lower merit than degree holder nurses in Pakistan.
- To educate nurses with appropriate knowledge, skills and attitudes.
- To produce nurses who can provide basic and rehabilitative health care to the population in rural and urban settings.
- To minimize the practice of quackery in nursing especially in private sectors, ultimately that will improve the quality of care as well as the image of nursing profession in society.

BACKGROUND

Pakistan Nursing Council: A Historic Perspective

The profession of nursing since its commencement and progression has always been through the challenges of its acceptance as a critical and necessary segment of health associated setup. This phenomenon has been a global fact, not limited to developing or under-developed countries, but in developed regions also.

In the sub-continent before partition, the responsibility of monitoring or regulatory body was in the hands of Indian Nursing Council with the assistance of Provincial Nursing Council and Midwifery Boards. At the time of partition, province of Punjab came under the jurisdiction of Pakistan along with Sindh and North West Frontier Province as they all had their exclusive Nursing Councils. In 1949 the Central Nursing Council (CNC) was established in order to create a synergy at the provincial level councils and was chaired by the Director General Health by virtue of its position along with 33 eminent members consisting of doctors, educators, nurses, midwives and lady health visitors.

In 1952 as per the need of time a new act was passed by the respective body which was called “Pakistan Nursing Council Act, 1952”. This was done in order to meet the evolving and ongoing changes in the profession of nursing. Its mandate included the establishment of uniformed system of training for nurses, midwives and health visitors on national level. It was also decided to establish such councils at provincial level in order to regulate the registration of health professionals. In 1969 the office of Provincial Nursing Council (PNC) was shifted in the premises of National Institute of Health (NIH), Islamabad.

It was felt that the act of 1952 should be updated with the passage of time and therefore decentralization of licensing and examinations was enacted by making midwifery compulsory for all RNs, which was not part of the old act of 1952. In order to do so, in 1973 through parliament approved act the Provincial Nursing Council was dissolved and was replaced by the national council called the PNC. The mandate of this newly formed body was to upgrade and standardize nursing education and practices in the country. The areas of concentration were RN, LHV and MW programs along with the formation of examination boards at the provincial level. Significance of this revised act was the clear indicator of synchronized development at national level in view to the international standards. The new Act was called the PNC, Act 1973. The PNC act of 1973 was constituted of various members consisting of President, Vice-President, examination board members all provincial and PNF representative, representative from the Ministry of Health, four chief nurses representing nurses, midwives and health visitors, Controller from each province, members of the national and provincial assemblies, an educationist, a representative from Pakistan Medical and Dental Council and a teaching institution, forming part of the total 35 council members and the secretaries of the Health at the provincial level as ex- officio members. Council has the power to appoint committees for general or specific purposes such as the appointment of education committee, which assist in the development, revision and advisement of new curricula.

Pakistan Nursing Council is a regulatory body established in 1948 where only one Nurse is working as Registrar with 8 supportive staffs. Recently one Assistant Registrar has been appointed. Computerized registration system is functional with assistance of CIDA funded project since 1996. The information obtained was to be utilized for the development of policy and planning of the profession.

The council is empowered by the PNC Act of 1973 to:

- Maintaining a database of Registered Nurses, Midwives and LHVs.
- Develop and implement uniform mechanism in education and services at national level.
- Prohibit employment of unregistered nurses, Midwives and LHVs

- Cancellation of registration on account of mal practices
- Penalize fraudulently registered nurses, Midwives and LHVs
- Work closely with the provincial Nursing Examination Boards to conduct examination and prescribe courses for Nurses, LHVs and Midwives' trainings and education.

Goals:

The major goals of the programme are to:

- Prepare safe, committed LPN at lower cost to lessen the burden on health care system (hospital and community settings).
- Educate LPN with appropriate knowledge, skills and attitudes.
- Provide supportive force for RN in clinical areas for assistance.
- Maintain a safe and healthy environment for the prevention of disease, promotion and maintenance of health.

POLICIES FOR LPN PROGRAMME

Duration of Course:

Students enrolled in Private/government institutions for 2years (24 month) L P N

Eligibility:

The Applicant must meet one of the following academic levels:

- FSc 45% minimum
- FA 45% minimum
- Metric with Science 45% minimum
- Metric with Arts 50% minimum (for remote area)

Nationality:

Pakistani

Age:

Applicant up to the age of 30 years will be considered, further relaxation up to five years could be obtained from respective university/government. In exceptional cases for further relaxation of age PNC approval can be taken.

Gender:

LPN is only for female.

Marital Status:

Unmarried or married both females are allowed

Physical Fitness:

A medical fitness certificate is required by concerned civil physician/designated physician for all applicants.

Academic Policies:

Student Records

Students must receive marks sheet at the completion of course. However the transcripts can be given on request to the students who have successfully completed the courses on payment of Rs.500/- as fees).

Attendance Policy

a. Theory Classes

According to PNC rule students are expected to maintain 100% attendance in all theory classes. However in cases of emergency/sickness students may miss up to 15% (cumulative) of classes. If a student misses more than 15% (cumulative) she may be asked to repeat the semester/term/year or withdrawn/expelled from the programme if the problem persists. It is the responsibility of the student to catch up for the missed contents of the class if absence is due to justifiable reason.

In each academic year, students are allowed annual leave of one calendar month.

Note:

Sick leave of seven days is permissible; any leave beyond this will be deducted from annual leaves.

b. Clinical/Skills Lab

Students are expected to maintain 100% attendance during clinical experience. Students will require making up any absence on clinical areas. However in case of emergency/sickness students may miss up to 4 days (cumulative) of clinical experience. Four days of justifiable leave in clinical area has to be made up by the students.

- A student who is unable to attend a clinical for any reason must notify the faculty/ ward in charge prior to the clinical.
- A student who is sick on a clinical day must be seen by a physician at their respective/designated institutions.
- Clinical conferences are part of clinical experience and should be attended regularly.

Rules concerning Student:

Scholarship:

The scholarship provided to each student will be according to govt rules.

In private institutions where the above may not be applicable opportunities for financial assistance/scholarship may be available.

Duration of Scholarship:

Student will receive scholarship for 24 months in LPN Program as per govt rules.

Scholarship Policy:

If a student is terminated on administrative grounds, the concerned student is not required to refund the scholarship. If given by the institution

If a student leaves the course on her own accord, the scholarship money should be refunded to institution as per rules.

Scholarship students will have 30 days leaves with scholarship each year.

Note: sick leave will be deducted from annual leave, if sick leaves are beyond the entitlement of seven days.

Night Duties:

First Year = No Night Duties
Second Year = One month night duty under supervision of senior staff/head nurse.

Uniform policy:

As per PNC white shalwar, shirt with half sleeves and pink head cover

Clinical Experience

Students in the 2 years LPN program will have clinical experience based on curriculum requirements. Evening and night shifts during clinical practicum will be planned after first year as per curricular requirement. It is mandatory for students to be supervised by faculty/clinical preceptor/instructor whenever they are on clinical areas.

Students are required to complete the log book as per institutional/NEB policies in order to appear in Board exams.

Enrollment

All students are required to be enrolled by PNC within three months of admission (mandatory). After PNC enrolment students will be enrolled by their respective provincial NEB through their respective institution.

Nursing Examination Board (NEB)

All students will be required to take NEB for both the years

YEAR ONE = 4 PAPERS YEAR TWO = 4 PAPERS

		THEORY	PRACTICAL
Year One	1. English	100 Marks	
	2. FON (Ethics,History,Microbiology)	100 Marks	100 Marks
	3. Anatomy and Physiology	100 Marks	100 Marks
	4. Islamiat	50 Marks	
Year Two	1. English II	100 Marks	
	2. CHN and Nutrition	100 Marks	100 Marks
	3. Med/Surg Nursing and Pharma	100 Marks	100 Marks
	4. Pediatric Nursing	100 Marks	50 Marks

Passing Marks for English and Islamiat is 33% and for all other subjects is 50%

No aggregated marks will be given.

Student fails in theory will have to appear in both (i.e. theory and practical)

PAPER SETUP FOR THEORY

FON & MICRO	A&P	CHN & NUTRITION	MED/SURG & PHARMA	PEADS
90% & 10%	100%	90% & 10%	45% / 45% & 10%	100%

SUBJECTIVE **30%**
MCQ'S **70%**

PRACTICAL/VIVA **100% (CRITERIA WILL BE SET BY THE EXAMINER)**

Chances of Examination:

First Year

A student who fails examination(s) can give two re-sit attempts. First re-sit at 8th weeks after the announcement of results and second re-sit after six month with scholarship.

Second Year

A student who fails examination(s) can give two re-sit attempts. First re-sit at 8th weeks after the announcement of results with scholarship and second re-sit after six month without scholarship.

Language:

The language for instructions and examination will be English.

Lecture Attendance:

All student must attend a minimum of 85% of the lectures in all subject.

BOND:

There is no requirement of Bond.

Student Migration:

No migration is allowed.

Discipline Policy and Procedure:

Responsibility for Discipline

Responsibility for discipline are as follows:

- Principal = School of Nursing
- Principal and Nursing Instructor = Hostel
- Chief Nursing Superintendent and Nursing Superintendent = Clinical Area

Disciplinary action procedures are as follows:

- Written complaint against the defaulter
- Chance of defense in shape of explanation in writing from the defaulter
- Based on information from the defaulter, the decision will be made by the disciplinary committee whether it is a minor or major infraction

For Minor infraction three written warning will be issued, if there is no improvement then the case will be treated as a major infraction.

For Major offense the disciplinary action committee will adopt the following procedure:

- Enquire, statement of allegation
- Show cause notice
- Charge sheet
- Final decision of penalty could be either:
 - a. To put the defaulter six month back
 - b. Termination for the education
 - c. Black listed

Note: cheating offenses will be referred to the NEB and to the unfair means committee.

Minor infractions/offenses

Minor infractions/offenses includes punctuality, irregularity, absenteeism, defamation of the profession, breaking rules, damage of property etc.

Disciplinary Committee for Minor infractions/offenses:

- | | |
|---|-------------|
| • Vice Principal / Senior Nursing Instructor | Chairperson |
| • Two Nursing Instruction / Clinical Instructor | Members |
| • One student from student executive committee | Member |

Major infractions/offenses

Major infractions / offenses includes theft, mal practice, misconduct, strikes, involvement in politics, unethical attitude with patients, addiction, suicide attempt, medication errors, cheating in examination, sex abuse, drug abuse etc.

Disciplinary Committee for Major infractions/ offences:

- | | |
|---------------------------------|-------------|
| A. Principal | Chairperson |
| B. Chief Nursing Superintendent | Member |
| C. Senior Nursing Instructor | Member |

- D. One Student from student executive committee Member

PNC Registration:

PNC act 1973 in accordance with the PNC act 1973 (item 15) registration of all LPN with PNC is compulsory.

Registration:

After qualifying NEB examination, the candidate must register with PNC immediately.

Various Committee and their responsibilities:

On the discretion of the institution, the following committees will constituted to overcome the day to day issues.

A. SELECTION COMMITTEE

- | | |
|--------------------------------|-------------|
| 1. Principal School of Nursing | Chairperson |
| 2. Nursing Superintendent | Member |
| 3. Nursing Instructor | Member |

B. DISCIPLINARY COMMITTEE FOR MINOR INFRACTIONS/OFFENSE

- | | |
|--|-------------|
| 1. Vice Principal / Senior Nursing Instructor | Chairperson |
| 2. Two Nursing Instruction / Clinical Instructor | Members |
| 3. One student from student executive committee | Member |

C. DISCIPLINARY COMMITTEE FOR MAJOR INFRACTIONS/OFFENSE

- | | |
|---|-------------|
| 1. Principal | Chairperson |
| 2. Chief Nursing Superintendent | Member |
| 3. Senior Nursing Instructor | Member |
| 4. One Student from student executive committee | Member |

D. SOCIAL/RELIGIOUS COMMITTEE

- | | |
|--|-------------|
| 1. Nursing Instructor Year Two | Chairperson |
| 2. Nursing Instructor Year One | Member |
| 3. One student representative from each year | Member |

E. MESS COMMITTEE

- | | |
|------------------------------|-------------|
| 1. Senior Nursing Instructor | Chairperson |
|------------------------------|-------------|

- | | |
|--|--------|
| 2. House Mother | Member |
| 3. One student representative from each year | Member |

Faculty requirements:

To teach the LPN programme, the minimal requirement for the faculty should be a BScN, DTA, DWA with minimum three years of clinical experience.

Nursing teachers must be hired to meet the ratio of one teacher to 10 students in the clinical area whereas in the classroom the nursing courses must be taught by nursing teachers, a guest lecturer may be invited to teach but not more than 25% of the course.

PNC Registration

The candidate will *ONLY* be eligible to get registration after successful completion of the 2 years LPN program.

LPN CURRICULUM:

YEAR ONE

TOTAL HOURS = 1584 (Theory = 528 Clinical = 1056)

PTS / ORIENTATION EXAMINATION

During the 3rd month (last week) school internal examination will be conducted by internal examiner. If the candidate fails in PTS , she will be given only one chance after 4 weeks of further education, failing that her education will be discontinued.(Terminated)

.YEAR TWO

TOTAL HOURS = 1584 (Theory = 528 Clinical = 1056)

ACADEMIC CALANDER

ADVERTISMENT & ADMISSION PROCESS	=	JAN. & FEB
ONSET OF CLASSES	=	MARCH
PTS FINAL EXAMS	=	MAY
MID TERM	=	SEPTEMBER
PRE BOARD SCHOOL FINAL EXAMS	=	JANUARY
STUDY LEAVE /MAKE UP	=	FEBRUARY
NURSING EXAMINATION BOARD(Th.&Prac.)	=	MARCH
COMENSMENT OF SECOND YEAR	=	APRIL
MIDTERM	=	SEPTEMBER
PRE BOARD SCHOOL FINAL EXAMS	=	FEBRUARY
FINAL NURSING EXAMINATION BOARD	=	MARCH

SUMMARY OF THE CURRICULUM

<u>1ST YEAR</u>			<u>2ND YEAR</u>		
S/NO	SUBJECTS	CR/HR	S/#	SUBJECTS	CR/HR
1	ORIENTATION/PTS	72			
2	English	60	1	English	100
3	FON /Ethics/ history of nursing: THEORY NURSING LAB <u>BED SIDE NSG</u> TOTAL	 150 179 <u>777</u> 1106	2	Community Health Nursing/ Nutrition Theory = Clinical = Total =	 150 <u>450</u> 600
4	Microbiology THEORY <u>PATH LAB</u> TOTAL	 24 <u>20</u> 44	3	Medical Surgical Nursing: Theory = Clinical = Total =	 150 <u>450</u> 600
5	Anatomy & Physiology THEORY <u>SCIENCE LAB</u> TOTAL	 100 <u>30</u> 130	4	Pharmacology/ Math Theory <u>Lab</u> TOTAL	 50 <u>06</u> 56
6	Islamiat/ Ethics	20	5	Pediatric Nursing	

				Theory =	50
				Clinical =	<u>150</u>
				Total =	200
7	Computer Theory <u>COMPUTER LAB</u> TOTAL	30 <u>50</u> 80			
8	Pre./Post Ass/Stdy	72	6	Stdy/Post Ass.	28
	TOTAL THEORY CLINICAL	528 1056		TOTAL THEORY CLINICAL	528 1056

Pakistan Nursing Council

**LPN Programme
Year-I
Course Syllabus**

Title	:	Fundamentals of Nursing
Hours	:	1106 (theory 150, clinical 956)
Prerequisites	:	None

Course Description:

This course will introduce different concepts of nursing practice with and emphasis on Gordon’s Functional Health Pattern (FHP’s) Communication skills, and use of the nursing process. Students will gain knowledge related to theoretical concepts, values, and norms of the profession while learning skills and develop professional attitude towards providing safe basic nursing care to patients in health care settings.

Course Objectives: On completion of year I, students will be able to:

1. Describe the historical development of nursing profession and professional organizations.
2. Define the role of the nurse and nursing in society and at clinical setting.
3. Begin to demonstrate therapeutic communication skills.
4. Provide safe patient care.
5. Begin to utilize nursing process in clinical area.
6. Begin to integrate concepts of Anatomy & Physiology (A&P), Nutrition, Applied Science into clinical setting.
7. State essential facts environments for their patients.
8. Identify relevant sources, which contribute to personal and professional growth.

Teaching/Learning Strategies: Lecture, discussion, role play, group work, group presentation, demonstration video and return demonstration.

Evaluation Criteria:

1. Test (s)	=	40%
2. Skills Performance Test (s)	=	20%
3. Final Exam	=	40%
4. Clinical	=	Pass / Fail OR Grades
1. Quizzes	=	30%
2. Midterm	=	30%
3. Final Exam	=	40%
4. Clinical	=	Pass / Fail OR Grades

UNIT OBJECTIVES:

Unit I INTRODUCTION TO NURSING:

In this unit students will explore the professional role of the nurse including its **historical development**.

At the completion of this unit, students will be able to:

1. Describe types of hospitals and their functions.
2. Describe the members and the functions of health care team in hospital setting.

Unit II COMMUNICATIONS:

In this unit students will gain an understanding of theories related to communication and their application to the Nursing Profession. Students will be utilizing communication skills in different clinical settings.

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

1. Definition of communication, elements of the communication process, means of communication and identify the characteristics of effective verbal communication.
2. Describe factors that facilitate and interfere with effective communication.
3. Describe techniques that facilitate and interfere with communication.
4. Define ways to respond therapeutically.
5. Identify non-therapeutic response.
6. Discuss the legal aspects of documentation.

Unit III: PROFESSIONAL NURSING SKILLS (VITAL SIGNS):

In this unit students will learn the relationship between temperature, blood pressure and respiratory functions of the body and how these skills can be assessed.

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

1. Define Vital Signs.
2. Define terms related to vital sign.
3. Describe the physiological concept of temperature, respiration and blood pressure.
4. Describe the principles and mechanisms for normal thermoregulation in the body.
5. Identify ways that affect heat production and heat loss in the body
6. Define types of body temperature according to its characteristics.
7. Identify the sign and symptoms of fever.
8. Discuss the normal ranges for temperature, pulse, respiration and blood pressure.
9. List the factors affecting temperature, pulse, respiration and blood pressure.
10. Describe the characteristics of pulse and respiration.
11. List factors responsible for maintaining normal blood pressure.
12. Describe various methods and sites used to measure T.P & B.P.

Unit IV NURSING PROCESS:

In this unit students will be introduced to the application of the nursing process in professional nursing practice.

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

1. Define nursing process.
2. Describe the purposes of nursing process.
3. Identify the components of the nursing process

- **Nursing Assessment**
- **Nursing Diagnosis**
- **Outcome Identification and Planning**
- Implementation and evaluation

Communication of the Nursing Process: Documenting and Reporting:

1. Describe the purposes of the client record
2. List the principles of charting
3. Discuss the guidelines of documentation.
4. Discuss the importance of confidentiality in the documenting and reporting.

Unit V PROCESS OF HOSPITALIZATION:

In this unit students will explore and gain experience in admitting, transferring and discharging patients and will explore reaction of individuals to hospitalization.

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

1. Define the term admission, transfer and discharge.
2. Discuss the procedures for:
3. Admitting a patient to a hospital unit
4. Transferring a patient from one hospital unit to another unit or to another hospital.
5. Discharging a patient from the hospital.
6. Identify nurse's responsibility during admission, transfer and discharge.
7. Discuss nurse's role in preparing patients and family for discharge.
8. Discuss the normal reactions of patients being hospitalized.

Unit VI NURSING HISTORY:

1. Discuss the historical development of the nursing profession.
2. Discuss the life of Florence Nightingale.
3. Describe Nightingale's role in development of Nursing.
4. State contributions of nursing leaders.
5. Describe the nursing-related functions of I.R.C.S.
6. Describe the functions of International Council of Nurses.
7. Identify scientific/ technological changes influencing nursing progress in the 20th
8. and 21st century.
9. Discuss the past, present, and future of Nursing.
10. Relate own role to nursing leaders of 18th and 19th Century.
11. Explain nursing developments in Pakistan.
12. Describe the functions of the Pakistan Nursing Council
13. Describe the role of Provincial Nurses Examination Boards.
14. Introduce main functions of the Pakistan Nurse's Federation.

Unit VII ASEPSIS AND INFECTION CONTROL:

At the end of the session students will be able to:

1. Identify the six components of chain of infection.
2. Explain examples of ways that infection may occur
3. Describe factors that increase the risk of infection in various settings.
4. Discuss the role of health care personnel and health agencies in infection control.
5. Explain ways that caregivers can decrease the exposure of clients to infection
6. Differentiate between medical and surgical asepsis.

Unit VIII OXYGENATION: RESPIRATORY FUNCTION & CARDIOVASCULAR SYSTEM:

By the end of the unit students will be able to

1. Identify factors that can interfere with effective oxygenation of body tissues.
2. Describe common manifestations of altered respiratory and cardiovascular function.
3. Describe nursing measures to ensure a patient airway.

UNIT IX PAIN MANAGEMENT:

By the end of the unit students will be able to:

1. Define acute and chronic pain
2. Describe types of Pain Management

UNIT X SKIN MANAGEMENT:

By the end of the unit students will be able to:

Define Pressure Ulcers

1. List the factors affecting skin integrity
2. List the sign and symptoms of Pressure Ulcer
3. Discuss the preventing measures of pressure ulcers
4. Describe the Nursing management of pressure ulcers

UNIT XI: CONCEPT OF LOSS & GRIEVING AND DEATH AND DYING

At the end of this unit, learners will be able to:

1. Assess the physiologic signs of death.
2. Discuss the various ways of helping the dying patient meet his / her physiological, spiritual and emotional needs.
3. Discuss nursing care of the body after death.
4. List changes that occur in the body after death.
5. Define terms related to loss and grieving.
6. Identify common manifestations of grief

.UNIT XII FIRST AID :

In this unit the students will review the concepts of first aid management of

1. Wound
2. hemorrhage
3. Burn
4. Shock
5. Poisoning
6. Unconsciousness
7. Fainting
8. Seizures/epilepsy
9. Injury of bones and joints.

Foreign Body

At the end of this session student will be able to:

1. Define different types of foreign bodies' aspiration.
2. Discuss first aid management of removal of foreign bodies.

COURSE SCHEDULE

DATE/ TIME	TOPIC	FACULTY
	Unit I INTRODUCTION TO NURSING:	
	Unit II COMMUNICATIONS:	
	Unit III PROFESSIONAL NURSING SKILLS (VITAL SIGNS):	
	Unit IV NURSING PROCESS: (Assessment & intro to FHP) (Nursing Diagnosis) (Planning/Intervention/Evaluation) (Documentation)	
	Unit V PROCESS OF HOSPITALIZATION: Admission, trans, discharge	
	Unit VI NURSING HISTORY:	
	Unit VII ASEPSIS AND INFECTION CONTROL:	
	Unit VIII OXYGENATION: RESPIRATORY FUNCTION & CARDIOVASCULAR SYSTEM:	
	UNIT IX PAIN MANAGEMENT:	
	UNIT X SKIN MANAGEMENT:	
	UNIT XI CONCEPT OF LOSS & GRIEVING AND DEATH AND DYING	
	UNIT XII FIRST AID:	

Year 1 Skills

1. Fomentation (Hot & Cold)
2. Special beds
3. Wet Shaving
4. Hand washing
5. Bed Making
6. Mouth care
7. Interviewing skills

8. Back care, Perineal care
9. Assist in bed pan/urinal
10. Shampooing, Pediculosis
11. Bed Bath, Shower,
12. Vital Sign Skills (TPR, B.P)
13. Tepid Sponging
14. Height/weight &I/O
15. Oxygenation: prongs, masks
16. Deep breathing & coughing Exercise
17. Positioning & Comfort devices, Turning & Lifting
18. ROM
19. Bandaging
20. Care of the belongings of patient
21. Collection observation and reporting of specimens

- Stool
- Urine
- Sputum
- Vomitus
- Culture swab

Clinical Objectives of Fundamental of Nursing :

1. Identify the roles and functions of health care team members.
2. Describe the functions of the various departments in a hospital.
3. Describe the physical setup of a ward
4. Utilize techniques of therapeutic communication skills with patient and health team members.
5. Collect patients' data through interview.
6. Observe the coordination of patients' care between the health team members.
7. Identify different forms used for documentation in patients' care.
8. Utilize appropriate hospital forms for documentation.
9. Assess, document and identify variations in Vital Signs
10. Discuss the observations for different Vital Signs pattern.
11. Develop problem list based on patients' assessments and rationalize each problem identified.
12. Document assessment of patients' problems/needs by using Maslow's Hierarchy of human needs at a beginning level.
13. Develop Nursing care plan based on priority patients' problem by following all the six components of nursing process.
14. Observe the process of admission of a patient in hospital.
15. Orient a patient to hospital environment.
16. Assist in transfer of patients from one unit to another unit and department.
17. Assist in preparing patients and family for discharge.
18. Document the discharge of patients from the hospital.
19. Observe various legal forms/documents used in the admission process
20. Observe patients' reactions to hospitalization and give assistance as needed.

21. Demonstrate occupied and unoccupied bed making.
22. Assess the need of personal hygiene care for selected patients and provide care accordingly.
23. Document patients' assessment and care provided.
24. Utilize skills to maintain healthy nails and feet
25. Hand washing
26. Demonstrate application of body mechanics when moving and lifting patient.
27. Demonstrate range of motion exercises on a patient.
28. Provide back care to bed ridden patients.
29. Assist in transferring patients from bed to bed, bed to chair and bed to stretcher.
30. Utilize different comfort devices in patients' care.
31. Assist patients with different types of positions.
35. Demonstrate characteristics of a professional nurse.
36. Assist patients in maintaining proper body alignment in bed.

Required Reading: (Books)

- Craven, R. F., & Hirnle, C. J. (2000). *Fundamentals of Nursing: Human Health and Function*. (3rd ed.). New York: Lippincott.
- Delaune, S. C., & Ladner, P. K. (2002). *Fundamentals of Nursing: Standards and Practice*. (2nd ed.) Canada: Delmar.
- Erb, G. K., B. (2000). *Fundamentals of Nursing: Concepts, Process and Practice* (5th ed.) Addison: Wesley.
- Potter, P.A & Perry, A.G. (2003). *Basic Nursing: Essentials for Practice* (5th ed.) St. Louis: Mosby.

Pakistan Nursing Council
LPN Programme
Year I
Course Syllabus

Title	:	Nursing Ethics
Hours	:	Included in Fundamentals of Nursing
Prerequisites	:	None

Course Description:

This course is designed to provide the learner with an over view of basic concepts of ethics, its theory, principles, and norms. This course will raise awareness of factors that needs to consider when dealing with ethical decisions and affirm nursing as an ethically responsible profession. It will also provide a forum for learner to reflect upon issues or ethical dilemma which they identify during their clinical practice.

Course Objectives:

By the completion of the course, students will be able to:

- Define ethical principles in health care.
- Discuss ethical, moral and professional responsibilities of the nurse.
- Discuss the nurse's individual liability with in the ethical scope of nursing practice.
- Identify ethical concern at the clinical area and discuss alternatives for the identified ethical concerns.
- Discuss the changing health environment for the role of nurse in delivery of ethical nursing care

Teaching/Learning/strategies:

Interactive lectures, small group discussions, role play, group presentation, debate and case-studies discussion.

Course Expectations:

Attendance as per policy.

Active participation in class.

Take examination as scheduled

Evaluation Criteria:

Debate	50%
Final Exam	50%

Unit Objectives

UNIT I INTRODUCTION TO NURSING ETHICS:

At the completion of this unit, student will be able to:

1. Define the terms: ethics, nursing ethics and bio-ethics, value, belief, morals, attitude, conflict, dilemma, ethical dilemma
2. Discuss importance of ethics in nursing
3. Review criteria of a profession
4. Develop Characteristics of a Professional Nurse

UNIT II ETHICAL PRINCIPLES:

At the completion of this unit, student will be able to:

1. Define ethical principles in health care
2. Discuss the ethical dilemmas face by nurses and client.
3. Discuss the strategies to resolve ethical dilemma in daily nursing practice.
4. List steps of ethical decision-making

UNIT III CONFIDENTIALITY AND INFORMED CONSENT:

At the completion of this unit, student will be able to:

1. Define confidentiality and informed consent
2. Discuss the importance of confidentiality & consent
3. Discuss the process informed consent.
4. Discuss nurse's roles and responsibilities in consent process

UNIT IV BILLS OF RIGHTS:

At the completion of this unit, student will be able to:

1. Define rights & bills of right.
2. Describe the role of nurse in relation to bills of right.
3. Explain patient's bills of right in a tertiary care health facility.

UNIT V CODE OF ETHICS:

At the completion of this unit, student will be able to:

1. Define code & code of ethics.
2. List the function & elements of ethical code
3. Explain code of ethics by ICN and Pakistan Nursing Council

:

CLINICAL OBJECTIVES

- Students are required to apply ethical concept in clinical setting (FON, MSN, Paeds and CHN)
- Demonstrate characteristics of a professional nurse.
- Explore and demonstrate respect patients' / families values and beliefs' clinical setting
- Develop professional values.
- Integrate nursing code of ethics and ethical principles in clinical setting.
- Observes the consent process in clinical setting
- Demonstrate respect for rights of patients and others
- Identify ethical concerns/issues in clinical setting and discuss alternatives for identified ethical concern.
- Practice standard format for documentation of nursing care.

COURSE SCHEDULE

Date / Time	Topic	Faculty
	Introduction to Nursing Ethics	
	Ethical principles	
	Informed consent and Confidentiality	
	Debate	
	Bills of Right	
	Code of ethics	
	Ethical dilemma in Professional Practice	

Required Reading

Potter, P. & Perry. A (1993). *Fundamental of Nursing: Concept, Process & Practice*, 3rd ed. Toronto. Mosby.

Kozier, & Erb, G. (1995). *Fundamentals of Nursing: Concepts and procedures*, (5th ed.) California. Addison-Wesley.

Recommended Reading

Aiken T.D & Catalano, J.L (1994) *Legal, Ethical and Political Issues in Nursing*. Philadelphia F.A.Davis

Bandman & Bandman (1995). *Nursing Ethics through the life span* (3rd ed.) New-York: Appleton & Lange.

Barnes, J (2002) when, Life ever should The State Be Able to medicate or mentally ill person against her will [on-line]. Available: [http:// can. gser. edu/sba/docket/mentally-ill.htm](http://can.gser.edu/sba/docket/mentally-ill.htm).

Beauchamp T.L. and Childress, J.F (2002) *Principles of Bio medical Ethics* (5th ed) New-York Oxford

Breier-Mackie, S (2001) patient Antomony & Medical Paternity: Can nurses help doctor to listen to patient. *Nursing Ethics*. (6) pg 510-519

Pakistan Nursing Council
LPN Programme
Year I
Course Syllabus

Title	:	Microbiology
Hours	:	Theory = 24 hrs (Included with FON) Path Lab = 20 hrs Total = 44 hrs
Pre-Requisite	:	None

Course Description:

This course is designed to furnish the students with the knowledge of basic concepts and scientific principles of Microbiology. It facilitates the students to learn the application of principles of Microbiology in hospital and community environment.

Course Objectives:

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

Explain the necessity of the knowledge of Microbiology needed when providing nursing care to the clients.
Use basic principles of Microbiology in nursing practice, in a hospital and a community environment.

Teaching / Learning Strategies: Lecture, discussion, small group projects, group discussion, self study, Pre/Post tests

Evaluation Criteria:

Quizzes	40%
Final Exam	60%

Recommended Reading:

Pelczar, J.M. (1993). *Microbiology Concepts & Applications*. New York: McGraw Hill.

UNIT OBJECTIVE:

Unit I: INTRODUCTION TO MICROBIOLOGY

In this unit student will be introduced to Microbiology and its importance in nursing practice student will also be introduced with microbes and their types.

At the completion of this unit student will be able to:

Define microbiology.

Explain the importance of microbiology in nursing practice

List some basic properties of virus

List basic nutritional requirements of microorganisms

Classify bacteria on the bases of their nutritional requirement.

Unit II: CONTROL OF MICROORGANISMS

In this unit student will explore different physical and chemical methods to control the microbial growth. They will also discuss some therapeutic uses of chemicals.

At the completion of this unit student will be able to:

1. Explain importance of the control of microbial growth.
2. Describe some physical and chemical methods to control microbial growth
3. Define the terms i.e. sterilization, antiseptic, asepsis, aseptic, macrobiotic, microbiacidal, antibiotic etc.
4. Differentiate between broad spectrum and narrow spectrum antibiotics.

Unit III: DEFENSE MECHANISMS OF THE BODY

This unit focuses on the resistance of the body which microorganism's encounter where they enter in the human body. This unit highlights the importance of the resistance or defense of the body which will help students in understanding that why infection occurs some times and not always.

At the completion of this unit student will be able to:

Explain the role of good health in protection against the microbial infection.

Explain four types of acquired immunity.

Differentiate between humoral and cell mediated immunity.

Define antigens, happen and antibodies.

List the five classes of antibodies and their functions.

Define Hypersensitivity.

Unit IV: HUMAN AND MICROBIAL INTERACTION

In this unit student will learn about the beneficial and harmful role of microorganisms. They will also learn about some diseases caused by these microorganisms.

At the completion of this unit student will be able to:

- Define normal flora of the body.
- Differentiate between resident and transient normal flora.
- List at least three beneficial role of normal flora.
- Define nosocomial infections.
- List at least three measures to control nosocomial infections.

Unit V: MICROBIOLOGY IN EVERY DAY LIFE

In this unit student will study about how microorganisms affect our environment i.e. air water, food.
At the completion of this unit student will be able to:

- Describe how microorganisms affects environment i.e. air, water and food.
- List some safety measures to control water and food borne diseases.
- Differentiate between food infection and food poisoning.

COURSE SCHEDULE

Date/Time	Topics	Faculty
	<p><u>Unit I:</u> Introduction of Microbiology</p>	
	<p><u>Unit II:</u> Control of Microorganisms</p> <p>Control of microorganisms by physical Agents</p> <p>Control of microorganisms by Chemical & Physical method</p> <p>Antimicrobial agents in therapy</p>	

	<p><u>Unit III:</u> Defense mechanisms of the body Active and passive immunity</p>	
	<p><u>Unit IV:</u> Human and microbial interaction</p>	
	<p><u>Unit V:</u> Microbiology in every day Life Microbial analysis of food</p>	

References:

Bocock, J.E. (1972). *Microbiology for Nurses*. London: Bailliere Tindall.

Gladwin, M. (1997). *Clinical Microbiology made ridiculously simple*. Singapore: Med Master.

Inglis, J.J.T. (1996). *Microbiology and Infection*. New York: Churchill Livingstone.

Parker, M.J. (1978). *Microbiology for Nurses*. London: Bailliere Tindall.

Pakistan Nursing Council

LP N Programme

Year I

Course Syllabus

Title : Anatomy and Physiology

Hours : Theory = 100 hours
Science Lab = 30 hours
Total = 130 hours

Pre-requisites : None

Course description:

This course introduces students to the structures and functions of the human body. Knowledge of Anatomy & Physiology will provide a better understanding and integration to theoretical & clinical practice in nursing care situation.

Course Objectives:

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

1. Describe the structure and function of various systems of the human body.
2. Discuss the role of homeostasis in maintaining normal body functioning.
3. Relate the basic anatomy & physiology concepts to the nursing care of clients.

Teaching/Learning Strategies: small group discussion, CD Rom, quizzes, class activities, self study and viva practice.

COURSE EXPECTATIONS:

1. Attend all lectures as per policy.
2. Pre-reading and preparation for each class.
3. Completion of quizzes and examination on due dates.
4. Participates actively in classes and tutorials.

Evaluation Criteria:

Quizzes 2	40%
Midterm	20%
Final Exam	40%

Required Reading:

Ross, & Wilson. (2000) Anatomy & Physiology in Health & Illness. Edinburgh: Churchill.
Eight Edition

UNIT OBJECTIVES:

Unit I INTRODUCTION TO THE BODY AS A WHOLE:

At the completion of this unit, students will be able to:

1. Define the term A&P
2. Understand the relationship between A&P
3. Define level of organization of the body
4. Define anatomical position
5. Describe the various body planes
6. Define the body cavities
7. Discuss body cavities and list the organs lying within each cavity
8. Identify abdominal pelvic region & quadrant
9. Identify the organs present in Nine (9) abdomino pelvic regions.
10. Briefly discuss the importance of abdomino pelvic quadrants and regions

Unit II HOMEOSTASIS & ADAPTATION:

At the completion of this unit, student will be able to:

1. Define the term homeostasis
2. Discuss the factors which effect homeostasis
3. Define feedback mechanism and its components.

Unit III CELL, TISSUES & MEMBRANES:

At the completion of this unit, student will be able to:

1. Describe the structure and functions of a cell
2. Discuss the process of cell division i.e. mitosis and meiosis.
3. Classify the tissues of the body on the basis of structure, location and function into the following four major types.
 - Epithelial tissue
 - Connective tissue
 - Muscle tissue
 - Nervous tissue

Unit IV THE SKELETAL SYSTEM:

At the completion of this unit, student will be able to:

1. Define skeletal system
2. Discuss the structure, types and functions of bone

3. List the functions of the skeletal system
4. Identify the bones of axial & appendicular skeleton
5. Describe the various markings on the surface of bones

Unit V THE JOINTS:

At the completion of this unit, student will be able to:

1. Define the term joint.
2. Describe three types of joints I.e.
 - Fibrous
 - Cartilaginous
 - Synovial
3. Describe the common characteristic features of a synovial joint.

Unit VI THE MUSCULAR SYSTEM:

At the completion of this unit, students will be able to:

1. Define Muscle and list the types of Muscles.
2. Describe the location and function of major muscles of:
 - The neck
 - The face
 - The back
 - The arms
 - The legs

Unit VII INTEGUMENTARY SYSTEM (SKIN, NAIL & HAIR):

At the completion of this unit, student will be able to:

1. Describe the structure of two layers of skin
 - Epidermis
 - Dermis
2. Briefly discuss the structure & function of skin derivatives.
 - Sweat gland
 - Sebaceous gland
 - Hair
 - Nail
3. Briefly discuss the following functions of skin
 - Protection
 - Regulation of body temperature
 - Sensation
 - Absorption
 - Excretion

Unit VIII THE CARDIOVASCULAR SYSTEM:

At the completion of this unit, student will be able to:

1. Define blood and list its functions
2. Describe the composition, and functions of cellular parts of blood and plasma.
3. Briefly explain the ABO blood groups & Rh factor.
4. Describe the location, structure and functions of the heart and its great blood vessels.
5. Explain the structure and function of:
 - Arteries
 - Veins &
 - Capillaries
6. Describe the following types of blood circulation:
 - Pulmonary circulation
 - Systemic circulation (coronary & hepatic portal circulation).

Unit IX THE LYMPHATIC SYSTEM:

At the completion of this unit, student will be able to:

1. Define lymph & the lymphatic system
2. Identify the organs of lymphatic system
3. Describe the general functions of the lymphatic system
4. Describe how lymph is formed
5. Describe the lymph vessels & how lymph is returned to the blood vessels

Unit X THE DIGESTIVE SYSTEM:

At the completion of this unit, students will be able to:

1. define the digestive system and list its functions
2. Identify the various organs of digestive system
3. Describe the anatomy & physiology of digestive organs
4. Discuss the role of accessory organs in digestion
5. Discuss digestion of food
6. Discuss the absorption of nutrients in the digestive system
7. Discuss the process of defecation

Unit XI URINARY SYSTEM:

At the end of this unit learners will be able to:

1. Define the Urinary System
2. List the organs of Urinary system
3. Discuss kidneys in terms of external anatomy, Location & gross structure
4. Discuss the structure and functions of Ureters, Urinary bladder, Urethra

Unit XII NERVOUS SYSTEM:

At the end of this unit learners will be able to:

1. Define Nervous system
2. Briefly discuss organization of Nervous system
3. Describe the structure and function of Neuron
4. Define nerve & its types
5. Identify the principle parts of the brain with their functions

Unit XIII SPECIAL SENSES:

At the end of this unit learners will be able to:

1. Describe the structure and function of Ear
2. Describe the physiology of hearing and Balance.
3. Describe the structure and function of Eye.
4. Describe the physiology of sense of sight

Unit XIV ENDOCRINE SYSTEM:

At the end of this unit learners will be able to:

1. Define Endocrine system
2. Identify Endocrine glands present in the body
3. Briefly discuss the hormones & their functions of endocrine glands

Unit XV REPRODUCTIVE SYSTEM

At the end of this unit learners will be able to:

1. Define Reproduction
2. Define Reproductive System.
3. List the structure & functions of male & female reproductive system

Unit XVI Respiratory System

At the end of this unit learners will be able to:

1. Define respiration
2. Define respiratory system
3. Discuss the structure & function of all respiratory organs
4. Discuss the mechanism of breathing
5. Explain the type of respiration

Required reading:

Rose, & Wilson. (2000) Anatomy & Physiology in health & illness. Edinburg: Churchill.
Eight Edition

COURSE SCHEDULE

Date/Time	Topic	Faculty
	<u>Introduction of the Course.</u> <u>Unit I:</u> Introduction to Anatomy & Physiology Body planes & cavities	
	<u>Unit II:</u> Homeostasis and Adaptation	
	<u>Unit III:</u> Cell, Tissue & Membrane Tissues & Membrane	
	<u>Unit IV:</u> The Skeletal System Axial Skeleton Appendicle Skeleton	
	<u>Unit V:</u> The Joints	
	<u>Unit VI:</u> The Muscular System	
	<u>Unit VII:</u> The Integumentary System Nail & Hair	
	<u>Unit VIII:</u> The cardiovascular system:	
	<u>Unit IX</u> The lymphatic system:	
	<u>Unit X</u> The digestive system:	
	<u>Unit XI:</u> Urinary system	
	<u>Unit XII:</u> Nervous System	
	<u>Unit XIII:</u> Special Senses	
	<u>Unit XIV:</u> Endocrine System	
	<u>Unit XV:</u> Reproductive system	
	<u>Unit XVI:</u> Respiratory System	

Pakistan Nursing Council
LPN Programme
Year I & Year II
Course Syllabus

Title	:	English
Hours	:	YEAR ONE = 60 Hours YEAR TWO = 100 Hours

COURSE DESCRIPTION:

This course has been designed to develop English skills with the prime focus on context based teaching. Students will be able to use appropriate language in a variety of academic and clinical settings.

COURSE OBJECTIVES:

This course will enable the students to:

- Participate in discussions on nursing and non nursing topics
- Give personal details about self and others
- Read short and simple nursing related texts with adequate understanding at literal level
- Read and summarize simple nursing related texts / information
- Practice free writing
- Use pre-writing strategies to write a paragraph outline
- Write nursing objectives
- Write unified coherent paragraph in the form of community field visit reports / summary / short messages
- Learn and use new lexical items

TEACHING/LEARNING STRATEGIES

Individual, pair, small group activities, and whole class discussions, computer based learning.

EVALUATION CRITERIA

Field Summary (Dual Assignment)	20%
Mid-term exam	30%
Final Exam	50%
Total	100%

Pakistan Nursing Council
LPN Programme
Year 1
Course Syllabus

Title : Computers Skills

Hours : Theory = 30 hrs
Practical = 50 hrs
Total = 80 hrs

Pre-Requisite : None

Courses Description:

The purpose of this course is to give the learners a basic understanding of computers and describe the use of information technology in the modern world. Learners will learn how to use the software programs which include Word, Excel, Access, PowerPoint, and Outlook. The course is intended to augment the computer skills required in clinical and scholastic settings. Learners will study computer applications in nursing education and practice. A large focus will be on utilizing these technologies are shaping today's health care information system.

Course Objective:

On the completion of the course, the learner will be able to:

- Discuss computer skills, application and how it affects nursing practice, and education.
- Demonstrate skills in the use of a word processor (Microsoft Word), spreadsheet/data base (Microsoft Excel).
- Demonstrate skills in preparing materials for presentation by slide, overhead, or computer projection (multimedia) using presentation software (PowerPoint).
- Demonstrate skills in accessing national/international networks, search engines and databases using a virtual private network.
- Verbalize understanding of Internet and its use, value, and efficacy in communicating nursing knowledge.
- Identify the use of computers in our own area of nursing practice.
- Illustrate the effective use of computer and its software's in nursing where necessary.

Teaching/Learning Strategies:

Lectures, Computer lab, Discussion, Handout, Flow charts, Checklist,
Demonstration and re-demonstration in the learning recourse center.

Evaluation Criteria:

Midterm: 50%
Final term: 50%

COURSE SCHEDULE

Date/Time	Topics
	<ul style="list-style-type: none">• Introduction to computer• Computer components and typing tutor.
	Ms Word
	Ms Power Point
	Ms Excel
	Introduction to internet, intranet and CD ROM search
	Application of Computer in Nursing

References:

1. Arnold, J.M., & Pearson, G.A. (1992). *Computer Applications in Nursing Education and Practice*. New York: National League of Nursing.
2. Saba, V.K., & McCormick, K.A. (1995). *Essentials of Computers for Nurses*. New York: McGraw Hill.
3. Thede. L.Q. (1999). *Computers in Nursing: Bridges to the Future*. Philadelphia: Lippincott.

**Pakistan Nursing Council
LPN Programme
Year I
Course Syllabus**

Title : Islamiat

Hours : 20 hours

COURSE DESCRIPTION

This course allows students to critically examine issue related to Islamic tradition and formulate its key religious concepts. They also discuss ways in which these concepts formulate a Muslim philosophy I providing care to individual and fails in a variety of clinical setting as well s in their own lives.

COURSE OBJECTIVES

1. Describe he introduction, collection and compilation of holy Quran
2. Explain the meanings and significance of Surah- AL- Hujurat (Verses 1 to 18)
3. Explain the meaning and significance of Surah-Al-Furqan (Verses 63 to 77)
4. Explain the difference between Hadith and Sunnah of the Prophet of Allah (P.B.U.H)
5. Translate the text, reference and explanation of selected Ahadith.
6. Define the effects of faith in Oneness of Allah in personal and collective life.
7. Describe the importance of prophet hood
8. Describe the Islamic concepts of the hereafter and the belief in Resurrectionon the life of man
9. Enumerate the fundamental pillars of Islam and describe the significances of each.
10. Describe the Mecca and Madina life of the Holy Prophet (P.B.U.H)
11. Discuss the moral and ethical values of Islam in the light of verses of the Quarn and Ahadith of the Holy Prophet (P.B.U.H)

Teaching/Learning Strategies:

Interactive lectures, discussions, readings.

Evaluation Criteria:

Midterm Examination	50%
Final term Examination	50

Required Reading:

Natiq A.Q (2011), *Sirat-e-Mustaqim*, (21st Ed), Tahir Sons Karachi.

COURSE SCHEDULE

Date	TOPIC	Faculty
	The Holy Quran	
	Surah-Al-Hujurat Verses	
	Surah-Al-Furqan Verses	
	Hadith-e-Nabvi Verses	
	Explanation of selected Ahadith	
	Oneness of Allah	
	Life in hereafter	
	Prophet hood	
	The Fundamental Pillars of Islam	
	Uswa-e-Husna	
	Moral and ethical values of Islam	

UNIT SUB TOPICS

I. THE HOLY QURAN

- Introduction
- Collection and compilation of the Holy Quran

II. SURAH – AL- HAJURAT

In this unit following topics will be covered

- Introduction
- Translation and explanation of verses 1 to 18

III. SURAH-AL-FURQAN

In this unit following topics will be covered

- Introduction
- Translation and explanation of verse 63 to 77

IV. AHADITH NABVI (P.B.U.H)

In this unit following topics will be covered

- Difference between Hadith and Sunnah of the Holy prophet of Allah (P.B.U.H)
- Ahadith-e-Nabvi (P.B.U.H) . translation and explanation

V. ONENESS OF ALLAH

In this unit following topics will be covered

- Arguments about Oneness of Allah
- The effect of the faith in the Oneness of Allah in the personal and collective life.

VI. LIFE IN HEREAFTER

In this unit following topics will be covered:

- The Islamic concepts of the hereafter
- The effects of the believe in Resurrection on the life of man

VII. PROPHET HOOD

In this following topics will be covered

- The importance of prophet hood
- Finality of prophet hood

VIII. THE FUNDAMENTAL PILLARS OF ISLAM

In this unit following topics will be covered

- The concept of worship in Islam
- Salat: The importance of Namaz and personal and collective benefits of prayers
- Zakat: The importance and individual and collective benefits of zakat (Saum)
- Fasting: The importance of individual and collective benefits of Fasting (Sum)
- Hajj: The significance of the Holy Kabba and complete nature of Hajj
- Jihad: Jihad and its different categories

IX. USWA-E- HUSNA:

In this unit the following topics will be covered

- A study of the pure life of the Holy prophet (P.B.U.H)
- A Mecca life of the Holy Prophet (P.B.U.H)
- The Madnian life of the holy prophet (P.B.U.H)

X. MORAL AND ETHICAL VALUES OF ISLAM

In this unit following topics will be covered

- The moral and ethical values of Islam in the light of verses of Quran and Hadith of the Holy Prophet (P.B.U.H)

Pakistan Nursing Council
LPN Programme
Year II
Course Syllabus

Title : Community Health Nursing

Hours : 600
Theory CHN = 100 hrs
Theory Nutrition = 50 hrs
Clinicals = 450 hrs
Total = 600 hrs

Pre-requisites : None

Course Description:

This course will introduce students to the basic concepts of Community Health Nursing with emphasis on Primary Health Care and Environmental Effects on health. In this course students will also develop knowledge about Pakistan's Health Care System, Health Education Principles and observe effects of environment on health through field visits.

Course Objectives:

By the completion of this course, students will be able to:

1. Discuss the role of a community health nurse ,LPN and other health team members.
2. Describe the concept of Primary Health Care as a strategy for achieving the Alma Ata Declaration of "Health for All by the Year 2000 and beyond "(2025).
3. Identify services provided by the government health care system in Pakistan.
4. Discuss the effects of environment on health.
5. Learn the process of Health Education.

Teaching/Learning Strategies:

Role playing, Group Activities, Interactive discussions, Visual Aids, Individual Assignments & Field Visits,

Evaluation Criteria for internal assessment

- | | |
|------------------|-------------------------------|
| 1. Visit summary | Mandatory |
| 2. Clinical | Pass/Fail qualitative grading |
| 3. Quizzes | 30% |
| 4. Midterm Exam | 30% |
| 5. Final Exam | 40% |

UNIT OBJECTIVES:

Unit I Introduction to Community Health Nursing:

In this unit students will discuss the history, philosophy and definition of Community Health Nursing. They will also discuss concepts of health and illness and the role of public health care team members.

At the completion of this unit, students will be able to:

- Define the terms:
 - Community,
 - Community health, and Community health nursing
 - Urban & rural communities

- Discuss the historical background of Community Health Nursing from Public Health Nursing.
- Describe the philosophy of Community Health Nursing.
- Discuss the concepts of health, wellness, illness and disease.
- Discuss the role of the LPN in community settings.

Unit II: PRIMARY HEALTH CARE (PHC):

In this unit, students will have an opportunity to discuss the Declarations of Alma Ata and its strategy: Primary Health Care. Furthermore, they will discuss the elements principle and application of PHC in Pakistan.

At the completion of this unit, students will be able to:

- Explain Alma Atta Deceleration “Health for All by the Year 2000” and beyond.
- Define Primary care and PHC
- Describe the five basic principle of PHC
- Explain the elements of PHC in relation to health
- Discuss application of PHC in Pakistan

Unit III: PAKISTAN HEALTH CARE SYSTEM:

In this unit, students will be introduced to Health Services/Organizations available in Pakistan. In addition students discuss health services available within the Government/Private Health Care System. Furthermore, they will explore the role of the health team members within the system.

At the completion of this unit, students will be able to:

- Define the terms, system, and health care system.
- Identify the health services available to community by Pakistan Government Health Care System.

Unit IV: THE ENVIRONMENT AND ITS IMPACT ON COMMUNITY HEALTH:

In this unit, students will explore the effects of environment on individual s' and community health. In addition, students will discuss the LPN role, to maintain healthy environment.

At the completion of this unit, students will be able to learn the:

1. Environment

- Definition of `environment`
- Component of environment and Factors and its impact on community health

2. Water

- Definition of safe and wholesome water
- Uses of water
- Daily requirements for one person
- Sources of water and its pollution
- Water-borne diseases (viral, Bacterial, protozoal, worms etc.)
- Water purification at small and large scales

3. Community Wastes Management

- Definition of refuse / solid waste, and sewage
- Methods for solid waste and sewage disposal
- Types latrines used in communities
- Fecal-borne diseases,
- Control of fecal-borne diseases
- Types of rodents
- Disease transmission by rodent
- Control of rodents

4. Food Sanitation and Nutrition

- Definition of healthy food
- Basic food components
- Therapeutic diet
- Methods of food preservation
- Principles of safe food handling
- Prevention and transmission of food-borne diseases
- Control of food-borne disease

5. Air/ Ventilation & Housing

- Define ventilation
- Discuss the importance of ai& ventilation

- Discuss effects of poor ventilation on health
- Describe the types standard, and needs of housing,
- Discuss effects of poor housing on health

Unit V: HEALTH EDUCATION:

In this unit, students will be introduced to concepts related to health education and its principles including various approaches to its provision.

At the completion of this unit, students will be able to:

1. Define the following;
 - Teaching /Learning
 - Health education
 - Explain the purpose and goal of health education
 - Describe various strategies, which can be used to deliver health education.
 - Adult Health Nursing
 - Aging Process

Unit VI Expanded Program of Immunization (EPI)

Immunization and its schedule
 Vaccination, maintenance of cold chain
 Target diseases
 Role of LPN in immunization

COURSE SCHEDULE

S#	Topics	Faculty
1	<p><u>Unit I</u> Introduction to Community Health Nursing (CHN) Over view of Course Definition of; Community Community health, and; Public health nursing CHN Historical background and Philosophy Characteristics of Urban & Rural communities Role of CHN</p> <p><u>Definition of basic concept</u> Health Illness Wellness and Disease Dimensions of health Travis' Illness wellness continuum model</p>	
2	<p><u>Unit II</u> Primary Health Care Alma Ata declaration "Health for All by the Year 2000" and Beyond. Definition of Primary Care & Primary Health Care Principles of PHC Elements Of PHC PHC services and resources Pakistan Health problems and application of PHC</p>	

3	<p><u>Unit III</u> Pakistan Health Care System Pakistan Health care set-up: Government/ Private) in urban and rural areas Administration Functions & Facilities available in urban and rural areas BHU & RHC Levels of health care team members and role including CHN National Health Policy National Health plan Pakistan Government Devolution plan (2000)</p>	
4	<p><u>Unit IV</u> Environment and community health Definition of environment Component of environment and its factors that impact on health Role of LPN</p> <p>Water Definition of safe water Uses of water Daily requirements of an individual Sources of water and its pollution Water-borne diseases Prevention of water-borne diseases Water purification at small and large scales.</p> <p>Community waste management Definition of solid waste, Methods of solid waste disposal, Fecal-borne diseases Definition of sewage Methods of sewage disposal ✓ sea outfall ✓ river outfall ✓ land treatment ✓ oxidation pond ✓ open drainage</p> <p>Types of latrines pit hole latrine open filed</p> <p>Rodent ✓ Description of rodent</p>	

	<p>Types of rodents Rodent-borne diseases. Control of Rodents</p> <p>Food & Sanitation Methods of food preservations Principles of safe food handling Sources of food contamination Prevention and control of food borne diseases Air & Ventilation Housing Air & Ventilation Importance of air and ventilation Effects of poor ventilation on health Housing: Standard, Needs Types Effects of poor housing on health</p>	
5	<p><u>Unit V</u> Health education Introduction to health education process Definition and principle of teaching learning Strategies and methods of Health Education Role of LPN in health education Adult Health Nursing Aging Process</p>	
6	<p><u>Unit VI</u> Expanded Programme of Immunization (EPI) Immunization and its schedule Vaccination, maintenance of cold chain Target diseases Role of LPN in immunization</p>	

Community Health Nursing Clinical Objectives

1. Discuss the structure and functions of health care facilities run by government and non government organizations
2. Identify the role and responsibilities of staff working in each visited facility
3. Describe the processes of :
 - Sewerage treatment
 - Water purifications at large scale
 - Milk preservation
 - Meat slaughtering, handling and distribution
4. Identify environmental issues exist there and their effects on health
5. Discuss the role of LPN in maintaining healthy environment
6. Utilize various methods of health education while providing health education to the clients.
7. Identify the different local health resources existing in the community.

Recommended Reading (Books):

- Ansari. I. M. (2003). *Community Medicine and Public Health* (6th ed.) Karachi: Urdu Bazaar.
- Illyas, M. (2003). *Community Medicine and Public Health*. (6th ed.) Pakistan: Time Traders.
- Ilyas, M. & Kahlid, R. (2000). *Community Health: For Lady Health Visitors, Nurses and Allied Health Profession*. Pakistan: Time Publisher.
- Munro, B. (2001). *Statistical Methods for Health Care Research* (4th ed.) New York: Lippincott.
- Nice, M. A., & McEwen, M. (2001). *Community Health Nursing: Promoting the Health of Population*. Toronto: Saunders Company.
- Smith, C.M., & Maurer, F.A. (2000). *Community Health Nursing Theory and Practice* (2nd ed.) Toronto: Saunders Company.
- Smoller, S. (1995). *Biostatistics and epidemiology: A Primer for Health Professionals* (2nd ed.) London: Springer-Verlag.

FIELD VISIT SUMMARY

Guideline

Student Name _____ Student ID: # _____

Date of Visit _____ Place of Visit _____

Title of Summary _____

1. **Introduction**

Demographic information about performed field visit e.g.

- Date of field visit
- Name of institution
- Location
- Purposes of field visit

2. **Body**

Discuss the:

- Building profile
- Staffing profile
- Functions of field site
- Positive and negative observations

3. **Conclusion**

Learning occurred related to community health nurses role

4. **Other important points of consideration**

Readable writing

Correct Spelling

Correct Sentences structure

Logical flow of idea (from one point to another)

Pakistan Nursing Council

LPN Programme

Year-II Course Syllabus

Title	:	Basic Nutrition
Credit	:	Included in CHN
Pre-requisite	:	None

Course description :

This course introduces the students to the basic concepts related to nutrition & the nutritional requirements to maintain health: Understanding of factors influencing eating habits & their relationship to an individual's nutritional status & health. It also gives a basic understanding of the practical aspect of nutrition through the preparation of simple diets for specific patient conditions.

Course Objectives: On completion of this course the students will be able to:

Discuss nutrition and its relationship to the human well being at various stages of a life cycle.
Classify the basic dietary modifications & conditions for which they may be adopted.
Plan & prepare basic simple liquid & soft diet.
Briefly relate diet with general and nutrient specific malnutrition

Teaching & learning strategies:

Interactive lectures, Discussion, Presentations, Demonstrations, Individual & small group study.

Evaluation criteria:

Group Presentation.	25%
Mid-Term.	35%
Final Exam.	40%

UNIT OBJECTIVES

Unit I: INTRODUCTION TO NUTRITION & BALANCED DIET

In this unit the student will be give a basic introduction to the science of nutrition.

At the completion of this unit student should be able to:

1. Define nutrition, nutrients & balanced diet.
2. To define term mal-nutrition, under nutrition, over nutrition.
3. Bio engineered foods & Phyto chemicals.
4. Identify the food group and their placement on the food guide pyramid.

5. To understand recommended dietary allowances.
6. Analyze one's own diet to see if it includes sufficient amount of six food groups.
7. Learn about different National & International food agencies.

Unit II: NUTRITION IN PATIENT CARE

In this unit student will be able to understand the role of LPN in maintenance of nutritional status & nutritional support of the patients.

At completion of this unit, student should be able to:

1. Define nutritional status.
2. Role of LPN in dietary teaching.

Unit III: CARBOHYDRATES

In this topic student will gain an understanding about functions, sources & properties of CHO.

At the completion of this unit student will be able to define;

1. Composition & classification of CHO.
2. Dietary fiber.
3. Food sources.
4. Function storage in the body.

Unit IV: LIPIDS

In this unit student will study various types of lipids its properties & uses.

On the completion of this unit student will be able to understand;

1. Food sources.
2. Function of fats.
3. Consequences of fat deficiency.

Unit V: PROTEINS

In this unit students will gain an understanding about the type of proteins, functions & their properties.

At the completion of this unit student will be able to u/stand;

1. Importance of proteins & amino acids (The building blocks)

2. Types of proteins complete & incomplete (Animal proteins versus vegetable proteins)
3. Function
4. Sources.
5. Consequences of protein deficiency.

Unit VI: ENERGY

In this unit student will gain an understanding of how nutrients are used in the body to produce energy to support the body function.

At the completion of this unit, student will be able to:

1. Explain energy concepts related to basic nutrition.
2. List various ways of energy expenditure & estimated energy needs.

Unit VII: MINERALS & WATER

In this unit student will be introduced to minerals (Ca, Fe, I, Na, K, P)

At the completion of this unit student will be able to understand:

1. Function of minerals
2. Sources
3. Recommended intake.
4. Deficiency Symptoms.
5. Function of water & water requirements.

Unit VIII: VITAMINS

In this unit student will be introduced to Vitamins (Fat soluble & water soluble)

At the completion of this unit student will be able to understand:

1. Definition of micro nutrients.
2. Identify water soluble & fat soluble vitamins
3. Functions.
4. Food sources.
5. Deficiency diseases & symptoms.

COURSE SCHEDULE

Dates	TOPICS	Faculty
	<u>Unit I:</u> Introduction to Nutrition & Balance Diet.	
	<u>Unit II:</u> Nutrition in Patient care.	
	<u>Unit III :</u> CHO	
	<u>Unit IV:</u> Lipid	
	<u>Unit V:</u> Protein	
	<u>Unit VI:</u> Energy.	
	<u>Unit VII:</u> _Minerals & water.	
	<u>Unit VIII:</u> Vitamins	

Reference:

B.A, S.F.K &. (1992.). *Nutrition for Development Countries* (2nd ed). Britain: Oxford.

Beck, E. (1989). *Nutrition & Dietetics for Nurses*.

Tull, Anita. (1998). *Food & Nutrition*: Oxford.

Pakistan Nursing Council

LP N Programme

Year II

Course Syllabus

Title	:	Basics of Medical Surgical Nursing
Hours	:	600 hours (150 Theory, 450 Clinical)
Pre-requisite	:	Successful completion of Year I
Co-requisite	:	Pharmacology & Math

Course Description:

This course focuses on the care of the adult patients admitted to the hospital in a diseased condition. This course covers the care of individuals with disorders related to gastrointestinal system, respiratory and cardiovascular system and the nursing care of patients with gynecological and oncology conditions. This course also includes the specific nursing skills and procedures necessary to care for sick adults.

Course Objectives:

By the end of this course, students will be able to:

- Identify the scope of medical and surgical nursing in patient care area.
- Review anatomy and physiology of related system.
- Define different terminologies related to medical and surgical disorders.
- Describe causes, signs and symptoms and complications of various systemic disorders.
- Utilize the nursing process in care of patient with medical and surgical disorders.
- Explain pre, intra and post operative care of different surgical procedures.
- Discuss the discharge planning and rehabilitative care of the patients with medical and surgical disorders.

Clinical Objectives:

By the end of the clinical rotation in medical surgical unit, students will be able to:

- Utilize the sound knowledge in providing care to the adults in the hospital.
- Apply scientific rational in providing nursing care to adults.
- Prepare an individual for specific diagnostic procedures.
- Utilize the nursing process in providing care to the patient in the hospital.
- Collect relevant data according to the need of the patient.
- Prioritize the patient's need for nursing care.
- Develop a plan of care to meet the identified need of the patient.
- Evaluate the nursing care provided to the patient.
- Adjust the plan of care according to the patient's needs.

- Reassure the comfort and safety of adult patient in the hospital.
- Provide nursing care which addresses the physical and emotional needs of the adults.
- Utilize the effective verbal and non verbal communication with the patient and family.
- Explain nursing interventions appropriately to patients and family.
- Perform relevant nursing skills with dexterity.
- Maintain accurate records and report patient's finding to appropriate personnel.

Teaching/Learning Strategies:

Interactive lectures, small group discussion, group presentations, case based tutorials and role play.

Evaluation Criteria:

Clinical Performance	Pass/Fail
Tutorial	10% (one tutorial)
Quizzes	20%
Mid-Term	30%
Final exam	40%
Total	100%

Recommended Text:

Brunner, L.S; & Suddarth, D. S. (2001). Textbook of Medical-Surgical Nursing (9th Ed). Philadelphia

Black, J.M; & Jacobs, E. M. (1993). Medical-Surgical Nursing: A psycho physiological approach. (4th Ed). Philadelphia

Smelter, S.C; & Bare, B.G. (2000). Textbook of Medical-Surgical Nursing (9th Ed). Philadelphia.
Lippincott

COURSE OBJECTIVES:

UNIT I: GASTROINTESTINAL DISORDERS:

By the end of the session learners will be able to:

1. Review the anatomy and physiology of gastrointestinal system (GIT)
2. Discuss the causes, pathophysiology and manifestation of the following GIT disorders
3. Discuss the diagnostic, medical and surgical management of the below mentioned disorders
4. Apply nursing process including assessment, planning, implementation and evaluation of care provided to the clients with GIT disorders

Disorders of mouth and esophagus:

- Stomatitis
- Oral cancer/ tumor
- Hiatal hernia
- Esophageal cancer/ tumor

Disorders of stomach:

- Gastritis
- Ulcer disease

Disorders of small and large intestine:

- Intestinal obstruction
- Hemorrhoids
- Appendicitis
- Peritonitis

Alteration in hepatobiliary system:

- Pancreatitis
- Pancreatic carcinoma
- Cancer of liver
- Cirrhosis of liver
- Cholecystitis

UNIT II: GENITOURINARY TRACT (GUT) DISORDERS

By the end of the session learners will be able to:

1. Review the anatomy & physiology of GUT
2. Discuss the causes, pathophysiology and manifestation of the following GUT disorders
3. Discuss the diagnostic, medical and surgical management of the below mentioned disorders

4. Apply nursing process including assessment, planning, implementation and evaluation of care provided to the clients with genitourinary disorders

- Urinary tract infections
- Glomerulonephritis (immunologic disorder)
- Urethral strictures, hydronephrosis and hydronephrosis
- Urinary incontinence/ Retention & Urinary Calculi
- Acute & Chronic Renal failure
- Urinary Bladder and Renal cell carcinoma

UNIT III: HEMATOLOGY DISORDERS

By the end of the session learners will be able to:

1. Discuss the causes, manifestations and associated mechanisms of following anemias
2. Describe the pathogenesis of hemolytic disease of the newborn
3. Discuss the lymph proliferative disorders associated with Hodgkin disease and non-Hodgkin's lymphomas
4. Discuss the diagnostic, medical and surgical management of the below mentioned disorders
5. Apply nursing process including assessment, planning, implementation and evaluation of care provided to the clients with hematological disorders

- Sickle cell anemia.
- Immuno-hemolytic Anemia
- Iron deficiency anemia
- Vitamin B12 deficiency anemia
- Folic acid deficiency anemia
- Aplastic anemia.
- Polycythemia
- Leukemia
- Autoimmune and thrombotic Thrombocytopenic purpura

UNIT IV: CELLULAR ADAPTATION & ABERRANT CELL GROWTH

By the end of the session learners will be able to:

1. Identify the goals of cancer therapy
2. Discuss different treatment modalities available for Cancer
3. Discuss chemotherapy and radiation therapy, their types, indication, side effects and nursing care
4. Discuss different types of cancer surgeries and nursing care of patients undergoing cancer surgery.
5. End of life care (palliative and hospice care)

UNIT V: IMMUNOLOGICAL DISORDERS:

By the end of the session learners will be able to:

1. Discuss Immunologic disorders.

2. Discuss the diagnostic, medical and surgical management of the below mentioned disorders
3. Apply nursing process including assessment, planning, implementation and evaluation of care provided to the clients with immunological disorders

- HIV/ AIDS
- Hypersensitivity and autoimmunity disorders

UNIT VI: ORTHOPEDIC NURSING

By the end of this unit, learners will be able to:

1. Relate the normal anatomy and physiology of the musculo-skeletal system to alterations of normal structures and functions.
2. Identify the needs of the client, with different types of tractions and amputation.
3. Use nursing concepts in identifying potential complications associated with musculo-skeletal disorders.
4. Utilize nursing process in delivering care, promoting and maintaining the optimal wellness of clients with musculo-skeletal disorders.
5. Demonstrate pre and post operative nursing care in patients with Musculoskeletal

- Soft tissue injury
- Fracture.
- Amputation.
- Osteomyelitis.
- Osteoarthritis

UNIT V II: ENDOCRINE NURSING

By the end of the session learners will be able to:

1. Review the anatomy & physiology of Endocrine System
2. Discuss the causes, pathophysiology and manifestation of the following Endocrine disorders
3. Discuss the diagnostic, medical and surgical management of the below mentioned disorders
4. Apply nursing process including assessment, planning, implementation and evaluation of care provided to the clients with Endocrine disorders

- Diabetes mellitus
- Cushing syndrome
- Addison's disease
- Diabetes insipidus
- Hyperpituitarism
- Hypo & Hyperthyroidism

UNIT VIII: NEUROLOGICAL NURSING

By the end of the session learners will be able to:

1. Review the anatomy & physiology of Nervous System

2. Discuss the causes, pathophysiology and manifestation of the following neurological disorders
3. Discuss the diagnostic, medical and surgical management of the below mentioned disorders
4. Apply nursing process including assessment, planning, implementation and evaluation of care provided to the clients with neurological disorders

- Meningitis.
- Encephalitis.
- Parkinson disease
- Cerebro vascular accident
- Head injuries.
- Spinal cord injuries

UNIT IX: CARDIOVASCULAR DISORDERS:

By the end of the unit learners will be able to:

1. Review the anatomy & physiology of cardiovascular system.
2. Discuss the causes, Pathophysiology and manifestation of the following cardiovascular disorders
3. Discuss the diagnostic, medical and surgical management of the below mentioned disorders
5. Apply nursing process including assessment, planning, implementation and evaluation of care provided to the clients with cardiovascular disorders

- Myocardial infarction
- Endocarditis
- Myocarditis
- Congestive heart failure.
- Hypertension
- Ischemic heart disease
- Cardiac arrest

UNIT X: RESPIRATORY DISORDERS:

By the end of the session learners will be able to:

1. Review the anatomy & physiology of respiratory tract
2. Discuss the causes, Pathophysiology and manifestation of the following respiratory tract disorders
3. Discuss the diagnostic, medical and surgical management of the below mentioned disorders

Upper respiratory tract infections:

- Sinusitis
- Pharyngitis
- Tonsillitis

Lower respiratory tract infections:

- Pneumonia
- Pulmonary T.B

Obstructive lung diseases:

- Asthma
- COPD

UNIT XI: EYE AND ENT NURSING

By the end of the session learners will be able to:

1. Review the anatomy & physiology of eye and ENT
2. Discuss the causes, Pathophysiology and manifestation of the following eye and ENT disorders
3. Discuss the diagnostic, medical and surgical management of the below mentioned disorders

- Common eye infections
- Conjunctivitis
- Blepharitis
- Cataract.
- Glaucoma.
- Otitis media
- Nasal polyps
- Epistaxis

UNIT XII: SKIN DISORDERS

By the end of the session learners will be able to:

1. Review the anatomy & physiology of skin
2. Discuss the causes, Pathophysiology and manifestation of the following skin disorders
3. Discuss the diagnostic, medical and surgical management of the below mentioned disorders

- Common skin infections
- Acne vulgaris.
- Psoriasis.
- Eczema. Psoriasis
- Scabies
- Burn

SKILLS

- Assist in insertion and removal of Naso-gastric tube
- Naso-gastric feeding
- Assist in gastric aspiration
- Use of oxygen via face mask and nasal prong
- Nebulization
- Steam inhalation
- Suctioning via Nasal, oropharyngeal and tracheotomy
- Care of tracheotomy
- Dressing

- Ostomy care
- Administration of medication
 - By mouth
 - By inhalation
 - By topical application

COURSE SCHEDULE

Dates	TOPICS	Faculty
	<u>Unit I:</u> Gastrointestinal Disorders	
	<u>Unit II:</u> Genitourinary Tract (GUT) Disorders	
	<u>Unit III:</u> Hematology Disorders	
	<u>Unit IV:</u> Cellular Adaptation & Aberrant Cell Growth	
	<u>Unit V:</u> Immunological disorder	
	<u>Unit VI:</u> Orthopedic Nursing	
	<u>Unit VII:</u> Endocrine Nursing	
	<u>Unit VIII:</u> Neurological Nursing	
	<u>UNIT IX</u> Cardiovascular Disorder	
	<u>UNIT X</u> Respiratory Disorder	
	<u>UNIT XI</u> Eye and ENT Nursing	
	<u>UNIT XII</u> Skin Disorder	

References:

1. Brunner, L.S., & Suddarth, D.S. (2001). *Text Book of Medical- Surgical Nursing* (9th Edition). Philadelphia: Lippincott.
2. Bardsley, A. (1999). A sense of control. *Nursing Times*, 95 (31) 66-69.
3. Brune, B. (July 2001). Deep vein thrombosis prophylaxis: the effectiveness and implications of using below knee or thigh length graduated compression stocking. *Heart and Lung*, 30 (4), 277-284.
4. Black, J.M. & Jacobs, E.M. (1993). *Medical – Surgical Nursing: A psychophysiological approach*. (4th.ed.). Philadelphia: W.B.Saunders.

**Pakistan Nursing Council
LPN Programme
Year-1I**

Course Syllabus

Title	:	Mathematics / Pharmacology
Hours	:	Theory = 50 Hours (included Med/Surg Nursing) Skills = 06 Hours (included Med/Surg Nursing) Total = 56 Hours

Course Description:

This course teaches basic mathematical skills which are tailored to the needs of the nursing practice.

Course Objectives:

By the completion of this course, learners will be able to:

1. Solve the different problems of Fraction, decimal and percentage by using four fundamental operations (+, -, x, ÷), addition, subtraction, multiplication and division.
2. Apply the Ratio & Proportion method to solve word problems.
3. Discuss simple drug orders.
4. Solve the problems based on conversions within the system.
5. Interpret the scale on syringe.
6. Compute I.V. flow rate.

Teaching/Learning Strategies:

Lectures, Handouts, Class discussion, Group activity, Assignments, self-study and quizzes.

Evaluation Criteria:

Mid-Term 50%

Final Exam 50%

References:

1. Giangrasso, O. (2000). *Medical Dosage Calculation: Prentice*: Hal, Inc.
- Henke, G. (1999). *Med-Math*. Philadelphia: J.B. Lippincott.
2. Mullholland, B. (1992). *Drug Calculations*: St. Louis Mosby Co.
- Weaver, K. (1992). *Programmed Mathematics of Drug Solutions*: J.B. Lippincott.

UNIT OBJECTIVES:

Unit I: BASIC CONCEPTS IN MATHEMATICS:

In this unit learners will apply the four fundamental operations on Fraction decimal and percentage.
At the completion of this unit learners will be able to:

1. Describe the following:

- Fraction
- Decimal
 - Division of whole by decimal
 - Division of decimal by whole
 - Division of decimal by decimal
- Percentage
 - Meaning of percentage
 - Conversion of percentage to fraction
 - Conversion of percentage to decimals
 - Conversion of fraction to percentage
 - Conversion of decimals to percentage
- Formula of percentage
 - How to calculate percentage
 - How to calculate part
 - How to calculate base

2. Apply four fundamental operations on fraction, decimal and percentage.

3. Apply the percentage formula in different word problems.

Unit II INTERPRETING THE LANGUAGE OF PRESCRIPTION:

In this unit learners will learn the various abbreviations used in physician's orders

At the completion of this unit learners will be able to:

- Interpret the following:
 - Time abbreviations
 - Route abbreviations
 - Drug abbreviations

Unit III BASIC DRUG ABBREVIATIONS AND CONVERSIONS:

In this unit learners will review mathematical concepts utilized in the calculation of medications and their administration.

At the completion of this unit, learners will be able to:

- Abbreviations
- Equivalentents
- Convert the units with in the system
- Describe simple physicians order

Unit IV: CALCULATIONS OF MEDICATION FOR VARIOUS ROUTES:

In this unit learners will gain practice in calculating dosages for medications administered by various routes.

At the completion of this unit, learners will be able to:

- Demonstrate their ability to solve word problems on oral medications by
- using formula for:
 - solid medications,
 - liquid medications,
 - Powder medications.
- Demonstrate their ability to solve problems related to parental medications
- by:
 - interpreting the scale on syringes:
 - 5 – ml syringe,
 - 3 – ml syringes,
 - Insulin units/1 – ml syringe.
 - Calculate simple problems for medications administered by:
 - subcutaneous injections, (SC)
 - intramuscular injections, (IM)
 - Intravenous infusions. (IV)
- Calculate intravenous infusion rates by using formulae for:
 - Ml per hour.
 - Drops per minute.

Date	Topic	Faculty
	Unit I Basic Mathematics Concepts	
	Unit II Interpreting the Language of prescriptions	
	Unit III Basic Mathematics Concepts	
	Unit IV Calculations of Medications for Various Route • Dosage calculations	

Pakistan Nursing Council
LPN Programme
Year I 1
Course Syllabus

Title	:	Pediatric Health Nursing
Hours	:	200 (Theory 50 hrs, Clinical 150)
<u>Pre-Requisites</u>	:	Successful completion of Year-I

Course Description

The focus of this course is to develop knowledge, skills and attitudes in the care of children in primary, secondary and tertiary settings. Students will apply the concepts related to Growth and Development and its deviation in all aspects of Children's health. Emphasis is placed on common health problems occurring in Pakistan.

Course Objectives

On Completion of this course students will be able to:

1. Develop awareness on common health issues of the children in Pakistan
2. Discuss principles of growth and development and its deviation in all aspects Of nursing care
3. Discuss the impact of hospitalization on the child and family.
4. Discuss the role of a family in the care of sick children in Pakistani Context.

Clinical Objectives

On the completion of clinical students will be able to:

1. Integrate the concept of growth and development of children while providing nursing care
2. Discuss the impact of hospitalization on children and family and minimize the stress of hospitalization by using different strategies
3. Integrate the effective communication skills to establish therapeutic relationship with hospitalizes children and their family
4. Provide health education to hospitalized children and family for health promotion and disease prevention according to their needs and level of understanding

Teaching learning Strategies

Lectures, interactive discussions, case studies, field visits, presentations, assignments, and audio visual aids

Evaluation Criteria

Quizzes # 02.....	30%
Mid Term exam	30%
Final Exam.....	40%
Total.....	100%

Unit1: Perspective of pediatric nursing

1. Focus of pediatric nursing
2. Definition of common terms
3. Role of family in care of sick child, Role of nurse in care of sick child
4. Admission and discharge process of a sick child

Unit 2: Introduction to Growth and development of children from infancy to adolescent

At the end of this unit students will be able to:

1. Define growth and development.
2. Explain the importance of normal growth and development
3. List the milestones of normal growth and development
4. Describe the factors promoting growth and development of children.
5. Describe the role of nurse in growth and development

Unit 4: Adjustment to extra uterine life

At the end of this unit student will be able to learn;

- Describe the physical assessment of child and adolescent
- Describe the physical and psychological response of hospitalized child and adolescent
- Describe the nursing management of illness on child/adolescent and family
- Identify the family needs during hospitalization of a child/adolescent.

Unit5. Newborn Assessment

- Describe Newborn assessment form, ABGAR score,
- Discuss Assessment, skin, head, ear, mouth,

Unit 7: Care of hospitalized child

Describe the reaction and response of children

- Describe the admission and discharge
- Discuss Nursing care and guidance of children

Common health problems of children in Pakistan

At the end of this unit students will be able to learn:

Describe definition, etiology, and clinical signs & symptoms, medical and nursing management

Of the following diseases

- Dehydration,
- Anemia, sickle
- Cell anemia,
- Thalesemia,
- Aplastic anemia,
- Hemophilia

Gastrointestinal Disorder

At the end of this unit students will be able to learn:

Describe definition, etiology, sign & symptoms, medical and nursing management of the Following disease

- Pyloric stenosis
- Volvulus
- Inguinal hernia
- Intestinal Obstruction

Respiratory Disorder

At the end of this unit students will be able to learn:

Describe definition, etiology, sign symptoms, medical and nursing management of the following diseases

- Tonsilitis
- Otitis Media
- Pneumonia
- Asthma
- Bronchitis

Cardiac Disorder

At the end of this unit students will be able to learn:

Describe definition, etiology, sign symptoms, medical and nursing management of the following diseases

- Fetal and post natal circulation
- Assessment of child with cardiovascular alteration
- Atrial septal defect
- Ventricular septal defect
- Patent Ductus Arterioles
- Rheumatoid heart disease

Endocrine Disorder

At the end of this unit students will be able to learn:

Describe definition, etiology, sign symptoms, medical and nursing management of the following diseases

- Hypothyroidism
- Hyperthyroidism
- Insulin insufficiency

Congenital Disorder

At the end of this unit students will be able to learn:

Describe definition, etiology, sign symptoms, medical and nursing management of the following diseases

- Cleft lip
- Cleft Palate

Genitourinary Disorder

At the end of this unit students will be able to learn:

Describe definition, etiology, sign symptoms, medical and nursing management of the following diseases

- Pylonephritis
- Renal calculi
- Undescendend testis

Neurological Disorder

At the end of this unit students will be able to learn:

Describe definition, etiology, sign symptoms, medical and nursing management of the following diseases

- Meningitis
- Encephalitis
- Cerebral Palsy (CP)

Musculoskeletal Disorder

At the end of this unit students will be able to learn:

Describe definition, etiology, sign symptoms, medical and nursing management of the following diseases

- Club foot
- Fracture
- Traction

Health Problems of Newborn

At the end of this unit students will be able to learn:

Describe definition, etiology, sign symptoms, medical and nursing management of the following diseases

- Accidents/Falls
- Burns and Drowning
- Injury due to sharp objects
- Asphyxia
- Foreign body ingestion
- Poisoning

Course Schedule

Unit #	Date	Topic	Faculty
1		<p><u>Perspective of Pediatric Nursing:</u></p> <ul style="list-style-type: none"> • Focus of pediatric nursing, • Definition of common terms • Role of family in care of sick child, Role of nurse in care of sick child • Admission and discharge process of a sick child 	
2		<p>Introduction to Growth and development of children from infancy to adolescent</p>	
3		<p><u>Adjustment to extra uterine life</u></p> <ul style="list-style-type: none"> • Immediate adjustment (respiratory and circulatory adjustment). Physiological status of other systems • Gastrointestinal, integument system, musculoskeletal system, endocrine system, neurological system 	
4		<p><u>Newborn Assessment</u> Newborn assessment form, ABGAR score, Assessment, skin, head, ear, mouth, Male and female genital area and extremities.</p>	
6		<p><u>Care of hospitalized child</u></p> <ul style="list-style-type: none"> • Reaction and response of children • Admission and discharge • Nursing care and guidance of children 	
7		<p><u>Common health problems of children in Pakistan</u> Dehydration, anemia, sickle cell anemia, thalassemia, aplastic anemia, hemophilia</p>	
8		<p><u>Gastrointestinal Disorder</u> Pyloric stenosis volvulus Inguinal hernia Intestinal Obstruction</p>	
9		<p><u>Respiratory Disorder</u> Tonsillitis Otitis Media Pneumonia Asthma Bronchitis</p>	
10		<p><u>Cardiac Disorder</u> Fetal and post natal circulation Assessment of child with cardiovascular alteration</p>	

11		<u>Congenital Heart Defect</u> Atrial septal defect Ventricular septal defect Patent Ductus Arterioles Rheumatoid heart disease	
12		<u>Endocrine Disorder</u> Hypothyroidism Hyperthyroidism Insulin insufficiency	
13		<u>Congenital Disorder</u> Cleft lip and Cleft Palate	
14		<u>Genitourinary Disorder</u> Pylonephritis Renal calculi Undescendend testis	
15		<u>Neurological Disorder</u> Meningitis Encephalitis Cerebral Palsy (CP)	
16		<u>Musculoskeletal Disorder</u> Club foot Fracture and Traction	
17		<u>Health Problems of Newborn</u> Accidents/Falls Burns and Drowning Injury due to sharp objects Asphyxia Foreign body ingestion Poisoning	

Recommended and Required Text:

Marilyn, J; & Hockenberry. (2005). *Essentials pediatric Nursing*. (7th^{ed}). Mosby

Whaley& Wong's (1993). *Essential of pediatric Nursing*. (4th^{ed}). Mosby U.S.A

Whaly&Wong's (1993). *Nursing care of infants and children*. (6th^{ed}). Mosby. U.S.A

Marlene,M;& Jacobson,A. (1995). *Critical Care Plan. Pediatric Nursing*. Mcgraw.Hill.U.S.A

K.A.Pervez (2002) “*Basics of pediatrics*” 6th Edition Carvan Book Center Lohre