

# **CURRICULUM**

*FOR*

# **MIDWIFERY**

*AND*

# **PUPIL MIDWIVES**

*PAKISTAN NURSING COUNCIL  
ISLAMABAD - PAKISTAN*



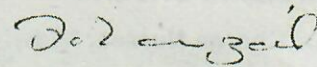
## PREFACE

Midwife is one of the most important Mid Level worker in the Health Delivery system of our country. She successfully completed the prescribed course of the subject and acquires diploma which is recognized by Pakistan Nursing Council. In her duties, she must be able to give supervision, care and advice to the women during pregnancy, labour and to conduct, deliveries on her own responsibility and to give care for the newborn. This includes preventive measures, deduction of abnormal conditions in mother and child and the procurement of medical cover for them. In this connection her most important task is to arrange emergency measures in the absence of any medical assistance. Her involvement in antenatal education and preparation for parenthood, certain areas of Gynaecology, Family Planning and Child Care are most important.

The Pakistan Nursing Council keeping all the above in view and the requirements of both urban and rural areas of the country appointed a sub-committee for the revision of existing curriculum which worked hard in evolving the revised syllabus for training midwives in which proper guidance has given with regard to strategies, to be adopted while delivering lectures in various subjects. This syllabus covers all the modern requirements in the enhasement of knowledge of the students.

I am pleased with revision of curriculum of Midwifery, the work on this syllabus has been completed and I must congratulate all the participants in this respect who have done commendable jobs.

Dated : 15-2-94



**(Mrs. Faizalam Zaib)**

Vice President, PNC & Chairperson  
of  
Education Committee.



## RECOMMENDATIONS.

The Revision Committee strongly recommended the following:-

1. After thorough discussion it was suggested that duration of Pupil Midwives Training should be increased i.e. one year Training excluding 12 weeks P.T.S. Training on the following grounds.
  - a) The candidates who are selected for the above said training, has no back ground knowledge of medicine & nursing.
  - b) Most of these candidates are Matric III Division without Science and it is very difficult for them to understand the medical and scientific terminology.
2. Age limit for admission should be from 15 to 30 years and must not exceed 35 years in special circumstances.
3. Every School of Nursing should be bounded to constitute their own prospectus and it should be revised yearly. A copy of the same should be sent to the Pakistan Nursing Council for the record.
4. A Sub Committee may be constituted in order to frame out the role, Job Description and Legal limitations of MIDWIFE in the light of existing health policy.
5. Presently District Midwifery Services are not functioning property in all Hospitals/Nursing Training Schools. It is, therefore, suggested that the Pakistan Nursing Council as being a Controlling Body, will request to the Provincial Govt. for organizing and Establishing these services in all leading Hospital of the Provinces of Pakistan and whenever the school is inspected, the Inspectressess must visit this Department thoroughly.
6. There is no clear cut instructions for the use of different drugs, which can be used by the Nurses during their District Midwifery practice, these should be formulated.
7. **STANDING ORDERS:**  
**For Charge Nurses, Midwives and LHVS should be framed out.**



## PAKISTAN NURSING COUNCIL ISLAMABAD

**Requirements and Syllabus for the training of Nurse Midwife/Pupil Midwife (See Section 16(1) of the Pakistan Nursing Council Act, 1973 adopted by the Pakistan Nursing Council at its meeting of April, 1974 and revised up to the August, 1992.**

1. **GRADE OF MIDWIVES**

There shall be only one grade of Midwife in Pakistan viz the Midwife.

2. **MINIMUM QUALIFICATION (FOR PUPIL MIDWIFE)**

No girl shall be admitted to the Midwives course unless she has passed Matriculation examination or its equivalent, obtaining 45% marks. Verification of Matric Certificate must be done at the time of admission in the Training.

3. The training of midwives course shall be given in English/Urdu.

4. **AGE.** 15 to 30 years relaxable upto 35 years.

5. Medical check up should be done by the Institution before joining the training.

6. **PERIOD OF TRAINING**

i) NURSE MIDWIFE:- There shall be a minimum period of one year training.

ii) SECTION II LHV  
STUDENT :- There shall be a minimum period of one year training including 10 weeks in a preliminary training session.

iii) PUPIL MIDWIFE:- There shall be a minimum period of one year training excluding 12 weeks in a preliminary training session.

7. **NUMBER OF EXAMINATION.**

a) **P.T.S. EXAMINATION.**

At the end of 10th week there shall be an internal examination arranged by the Institution concerned. The girl who will fail, will be re-examined after a period of 4 weeks, on second failure, she will be discharged from the school.

b) **MIDWIFERY FINAL EXAMINATION (NURSING EXAMINATION BOARD).**

The candidates who after completion one year course, failed to clear the final examination within the prescribed time, she will re-appear as under:-



**NURSE MIDWIFE:-**

Since she is a qualified Nurse, she can re-appear for any number of attempts in Midwifery Examination without stipend till she qualifies.

**PUPIL MIDWIFE:-**

After failing in the examination, her stipend will be stopped and she can re-appear in examination for two successive examinations through her Institution. After that she will be allowed to appear in examinations for two successive examinations after submitting admission forms and paying necessary examination fee directly to the Controller Nursing Examination Board of the Province and the Board will direct her to sit for examination. The failure candidates must have to attend 15 lectures and conduct 5 cases in her respective Institution before re-appearing in the examination.

8. **FEES FOR EXAMINATION**

The Provincial Examination Boards shall levy for Examination according to their own rules.

9. **PASS MARKS**

The following minimum pass marks shall be required to be obtained in all subjects:-

- 1. Written ..... 50%
- 2. Oral ..... 50%
- 3. Aggregate ..... 50%

10. **MALE STUDENTS**

Only female students shall be eligible for admission and no male students shall be admitted to this course.

11. **MINIMUM REQUIREMENTS FOR THE TRAINING HOSPITALS**

a) **NUMBER OF BEDS**

No Hospital shall be allowed to train Midwives unless it has 20 occupied beds and an admission of at east 200 Midwifery Cases in a year. The distribution of beds of a Maternity Unit shall be as follows:-

1)	Antenatal Beds	02
2)	Lying-in-Beds	14
3)	Labour Beds	02
4)	Septic Beds	02
		<hr/>
		20
		<hr/>



c) She has produced a certificate signed by the Principal or Nursing Superintendent of a recognised training school that her training has been completed.

d) When training is taken in two hospitals , a transfer certificate on the prescribed form shall be submitted at the time of applying for examination.

13. **MISCELLANEOUS**

a) **DOMICILIARY MIDWIFERY**

Each training institution must arrange to provide domiciliary midwifery experience to the students under training and where this is not possible for the institutions to arrange , they should get affiliate with the nearest M.C.H. Centre or Public Health Nursing School .

b) **RESIDENCE**

Local students shall reside out side the Hostel with their parents/guardians. Punctuality,training Rules and regulation must be observed .

c) Leave not exceeding one month in a year , may be granted at the discretion of the training school authorities . Any leave taken over and above this amount whether sick or extra-ordinary shall be made up by the candidate after appearing for the examination .

d) **TEXT BOOK**

Books approved by the Pakistan Nursing Council e . g . A text book for Midwifery by Margaret Myles .

**REFERENCE BOOKS**

1. Fundamentals of Obstetrics and Gynaecology .  
(Volume one Obstetrics by Liewellyn Jones)
2. Text Book of Obstetrics (by Dr. Shaukat Haroon)

e) **RECORDS ( TRAINING )**

All records regarding lectures given , attendance , progress report , Test and Examination , Clinical Instructions , Health Record must be maintained in proper record Register prescribed by



Pakistan Nursing Council . Personnel records shall be maintained by Nursing Superintendent or Principal/Tutor School of Nursing

**f) DISCIPLINARY PROCEDURES**

The disciplinary rules prescribed by Pakistan Nursing Council for General Nursing Training will be followed for Midwives .

15. **SYLLABUS AND CURRICULA**

The following curricula is prescribed for the training of midwives/Pupil Midwife :-

a) Each student must do at least 20 antenatal examinations in clinics/homes , 5 vaginal examinations conduct 25 deliveries including 5 in the Districts , nurse 20 lying in women and their babies , each of which must be entered in their case books which must be properly maintained in the prescribed form .

The student must also witness at least 25 cases normal/ abnormal .

b) At the time of oral examination she should produce her case book duly filled in and signed by her Nursing Superintendent/ Principal/ School of Nursing. Further each case in the book will be signed by the Tutor Sister/ Supervising Midwife .

c) Each student must have attended a minimum of 85% of lectures .

16. **TOTAL PERIOD OF TRAINING 12 MONTHS .**

- |    |               |   |
|----|---------------|---|
| a) | NURSE MIDWIFE | 52 weeks theoretical and practical training .   |
| b) | PUPIL MIDWIFE | 12 weeks P.T.S. Training in Obstetrics and Obstetrics Nursing, 52 weeks theoretical and practical training in Obstetrics & Obstetrics Nursing . |

**NOTE :**

**No P.T.S. for Nurse Midwife .**



**SESSION - 1**

**PRELIMINARY TRAINING SESSION FOR PUPIL MIDWIFE  
( 12 WEEKS DURATION )**

			<b>36 HOURS</b>
		<b>THEORY</b>	<b>PRACTICAL</b>
1.	Orientation		
2.	Anatomy & Physiology	20 Hours	20 Hours
3.	Microbiology	20 "	06 "
4.	Materia Medical ( Pharmacology )	08 "	- -
5.	First Aid	10 "	06 "
6.	Basic Nursing Care	70 "	120 "
	<b>Total :-</b>	<b>128 "</b>	<b>152 "</b>

**LESS**

Preparation of Examination 36 Hours

Grand Total :- 280 Hours

**Total Working Hours : 280 Hours**



## COURSE: ANATOMY & PHYSIOLOGY

TOTAL = 40 HOURS  
THEORY = 20 HOURS  
PRACTICAL = 20 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Understands the terms of Anatomy & Physiology	1. Definition of Anatomy & Physiology	Lecture
2. Give characteristics of living matter/things.	2. Characteristics of living matter/things.  2.1 activity/movement 2.2 Respiration 2.3 Digestion 2.4 Excretion 2.5 growth 2.6 Reproduction	Discussions/Lecture
3. Describe structure and functions of various types of cells.	3. Cells 3.1 Types 3.2 Structure 3.3 Functions	
4. Name the organs of various system of the body.	4. Systems of the body 4.1 Organs of each systems	Lecture
5. Describe various groups of blood.	5. Blood groups	Lecture
6. Describe Blood.	6. Characteristics and Function of Blood 6.1 Volume 6.2 Composition 6.3 Blood Groups	Lecture. Demonstration
7. Describe the basic Structure and functions of various systems of the body.	7. Basic Structure and Functions of various systems.  7.1 <u>Circulatory System</u> ** Heart:- Structure, Position and Functions of heart ** Circulation of Blood ** Arteries. ** Veins ** Capillaries	Lecture Charts  Models. Video.



OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
**	Pulse	Demonstration
**	Blood Pressure	Return Demonstration, Takes her own Pulse Takes BP of 10 Colleagues
7.2	<u>Nervous System</u>	
**	Parts of Nervous System	
*	Functions of each part	
7.3	<u>Respiratory System</u>	
**	Organs of Respiratory System	Count respiration of her nearest St.
**	Position	
**	Structure	
7.4	<u>Digestive System</u>	
**	Structure and Functions of the alimentary tract	Charts
**	Liver	
**	Gall Bladder	
**	Process of Digestion & absorption	
7.5	<u>Excretory System</u>	
**	Organs of Urinary System	
**	Structure	
**	Function	
**	Urine Formation	
**	Composition	
7.6	<u>Glandular System</u>	
**	Glands and Hormones	
**	Function of Glands and Hormones	
7.7	<u>Reproductive System</u>	
**	Organs of Male and Female	Lecture
**	Structure	Charts
**	Functions	Models
**	Hormones	



OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
7.8	<u>Lymphatic System</u>	Lecture
**	Structure and Functions of lymphatic System	Chart Model
**	Lymph Glands	
**	Lymph Ducts	
7.9	<u>Skin</u>	
**	Composition of Skin	Lectures
**	Epidermis	Charts
**	Dermis	Models
**	Sweat Glands	
**	Functions of Skins	
7.10	<u>Special Senses</u>	
**	Eyes, Ear, Nose	Lectures
**	Structure	Charts
**	Functions	Models



## COURSE : MICROBIOLOGY

TOTAL = 26 HOURS  
THEORY = 20 HOURS  
PRACTICAL = 06 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Define Microbiology	1. Definition of Microbiology	Lecture
2. Describe usefulness of Microbiology to Human being.	2. Normal useful organisms.	Lecture
	2.1 Types	Charts
	2.2 Functions	
3. Describe various types of organisms causing disease.	3. Disease Causing Organisms	
	3.1 Bacteria	Lecture
	3.2 Viruses	Charts
	3.3 Protozoa	Slides.
	3.4 Fungi	
4. Discuss Prevention of Infection.	4. Infection:-	
	4.1 Sources.	Lectures
	4.2 Modes	Discussion
	4.3 Control.	
5. Define Immunity.	5. Immunity	
	5.1 Natural.	Lecture.
	5.2 Acquired	



## COURSE : PHARMACOLOGY

TOTAL = 10 HOURS  
THEORY = 10 HOURS  
PRACTICAL = NIL HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Define Meteria Medica and therapeutics.	1. Definition of Meteria Medica and therapeutics.	Lecture.
2. Differentiate between metric and apothecary system.	2. Different weights and measures of solids and liquids.	
3. Describes various routes of administration of drugs.	3. Different routes of administration of drugs with proper care in each case. 3.1 Orals 3.2 Inhalations 3.3 Through Mucous membranes 3.4 Injections 3.5 Local applications	Lecture Demonstration
4. State the responsibility of Pupil Midwife in the care and use of drugs.	4. Responsibilities of Midwife in the measurement, store and administration of drugs & maintaining accurate record.	Lecture
5. Explain various disinfectants used commonly in Nursing.	5. Definition 5.1 Types and Methods. 5.2 Strengths of various disinfectants.	Lectures.



## COURSE : FIRST AID

TOTAL = 22 HOURS  
THEORY = 16 HOURS  
PRACTICAL = 06 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Define First Aid.	1. Definition 1.1 Concept of First Aid 1.2 Purpose of First Aid	Lecture
2. Identify Problems of Bleeding and trauma leading to Shock	2. Signs and Symptoms of Shock and Unconsciousness 2.1 First Aid treatment of shocks & unconsciousness	Lecture
3. Describe Hemorrhage.	3. Causes of Hemorrhage 3.1 Signs and Symptoms 3.2 Internal Hemorrhage 3.3 External Hemorrhage 3.4 Control of Bleeding 3.5 Pressure Points	Lecture
4. Describe, various types of wounds.	4. Various types of wounds 4.1 Characteristics of wounds 4.2 Management of various wounds	Lecture. Lecture Charts
5. Describe various types & First Aid of fractures.	5. Fracture 5.1 Types 5.2 First Aid	
6. Describe referral Services	6. Meaning of Referral 6.1 Chain of Referral.	Lecture.
7. List various drugs and supplies for emergency use.	7. List of Emergency drugs	Lecture



## COURSE : FUNDAMENTAL OF NURSING

TOTAL = 180 HOURS  
THEORY = 60 HOURS  
PRACTICAL = 120 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Define Nursing, Purpose of Nursing	1. Introduction of Nursing	Lecture
	1.1 History of Nursing	
	1.2 Purpose of Nursing to help patients	
2. Demonstrate and Explain procedures regarding admissions transfer and discharge of patients.	1.3 Ethics of Nursing	Lecture
	2. Admission, transfer and discharge of patients from Hospital	
	2.1 Welcome and Reception of patient	
	2.2 Procedure of admission	
3. Describe Principles of Bed Making	2.3 Procedure of transfer	Lecture Demonstration
	2.4 Procedure of Discharge	
	2.5 Record Keeping	
	3. Bed Bath Procedure	
	3.1 Purpose	
4. Describe Procedure of Bed Bath	3.2 Equipment	Lecture Demonstration
	3.3 Principles to be observed	
	3.4 Procedure	
	4. Bed Making	
5. Demonstrate General Principles of Oral Hygiene.	4.1 Types	Lecture Demonstration
	4.2 Procedure	
	4.3 Requirement	
	5. Purpose of Oral Hygiene	
6. Explain use and removal of Bed Pan.	5.1 Necessary equipment	Lecture Demonstration
	5.2 Procedure	
	5.3 Care of dentures	
6. Use of Bed Pan	6. Requirement	Lecture Demonstration
	6.2 Method of use	



OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
	6.3 Removal of Bed Pan	Lecture Demonstration
7. Explain Bed Sores and their prevention.	7. Definition of Bed Sore 7.1 Causes of Bed Sores 7.2 Treatment 7.3 Prevention	Lecture
8. Demonstrate filling of hot water bottle and ice cap.	8. Purpose use of hot water bottle and ice cap 8.1 Equipment 8.2 Procedure 8.3 After care of equipment 8.4 Precautions	Lecture Demonstration
9. Demonstrate positions used in Nursing.	9. Different positions used in Nursing 9.1 Recumbent 9.2 semi recumbent 9.3 Prone 9.4 Upright 9.5 Dorsal 9.6 Lateral (Left and Right) 9.7 Follower 9.8 Lithotomy 9.9 Knee Chest	Lecture Demonstration
10. Define enemata, purpose and procedure.	10. Definition of Enema 10.1 Types 10.2 Purpose 10.3 Solution 10.4 Equipment 10.5 Procedure 10.6 After care of patient 10.7 After care of equipment	Lecture Demonstration
11. Demonstrate Temperature, Pulse and Respiration recording	11. Definition of Temperature, Pulse and respiration 11.1 Temperature taking 11.2 Equipment required 11.3 Recording Temperature 11.4 Counting Pulse 11.5 Watch with a second hand	Lecture Demonstration



OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
	11.6 Purpose	
	11.7 Recording	
	11.8 Counting of Respiration	
	11.9 Purpose Watch with a second hand	
	11.10 Procedure of Counting	
12. Demonstrate Blood Pressure recording	12. Blood Pressure Taking	Lecture Demonstration Practice
	12.1 Purpose	
	12.2 Equipment	
	12.3 Procedure	
	12.4 Chartings	
13. Describe various methods of Sterilization	13. Sterilization	
	13.1 Definition	
	13.2 Purpose	
	13.3 Methods used	
14. Demonstrate techniques for handling and collecting specimens	14. Purpose of Collection of Specimens	Lecture Demonstration
	14.1 Methods of Collection	
	14.2 Procedure to sent to laboratory	
	14.3 Urine testing for Alb. & Sugar	
15. Describe Procedure of Catheterization	15. Definition of Catheterization	Lecture Demonstration
	15.1 Purpose of Catherization	
	15.2 Sterile Equipments	
	15.3 Procedure	
	15.4 Precaution	
16. Describe Obstetrics and Gynecological Nursing Procedures	16. Perinnial Toilets	Lecture Demonstration
	16.1 Purpose	
	16.2 Equipment	
	16.3 Solution	
	16.4 Procedure	
	16.5 Precautions	



OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
17. Develops skills in carrying out various procedures, relating to Mother & Baby	17.2 (d) Purpose & Procedure of Baby bath. 17. <u>Weight, Hight &amp; Baby bath</u> (a) Taking of Maternal Height & Wt. Checking of Hb% (b) Taking Height, Wt. & Measurements of new born. (c) Requirements (d) Purpose and Procedure of baby bath	



**MIDWIFERY (4TH YEAR)  
52 WEEKS**

<b>4TH YEAR</b>	<b>THEORY</b>	<b>PRACTICAL</b>
Obstetrics	144 Hours	666 Hours
Obstetrical Nursing	144 Hours	666 Hours
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<b>Total : 288 Hours</b>		<b>1332 Hours</b>
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Independent Study/ Tutorial/Library	72 Hours	
Examination	36 Hours	
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<b>Total : 108 Hours</b>		
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<b>Grand Total</b>	<b>1728 Hours (Excluding 4 weeks annual leave)</b>	
<b>Total working hours =</b>	<b>1728</b>	



**Unit -1**

**INTRODUCTION OF MIDWIFERY**

TIME = 4 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Define Midwifery	1. Definition 1.1 Midwifery Midwife	Lecture Discussion
2. Describe the history of Midwifery	2. History of Midwifery	
3. Understanding of Midwife's role towards Community & Profession	3. Responsibilities of Midwife towards 3.1 Client 3.2 Family 3.3 Community/Society 3.4 Profession	



Unit -2

**ANATOMY AND PHYSIOLOGY OF  
REPRODUCTIVE ORGANS.**

Time=12 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES	
1. Gain knowledge of Male & Female reproductive organs, their structure and functions.	<u>Pelvis</u>		
	1.1 Description (Bones & joints)	Lecture	
	1.2 Functions	Charts	
	1.3 Types	Models	
	1.4 Measurement		
	1.5 Difference between Male & Female Pelvis		
		<u>Pelvic Floor</u>	
	1.6 Muscles.		
	1.7 Ligaments.		
	1.8 Functions of Pelvic Floor		
	1.9 Blood Supply		
	1.10 Nerve Supply		
		<u>Female Organs of Reproduction.</u>	
	1.11 External		
	1.12 Internal.		
	1.13 Structure.	Charts	
1.14 Functions.			
	<u>Mammary Glands</u>		
1.15 Structure	Models		
1.16 Functions			
2. Describe the physical changes in Male and Female at Puberty	2. Puberty		
	2.1 Male		
	2.2 Female		
3. Gain knowledge about menstrual cycle and describe the hormones affecting the cycle	3. <u>Menstrual cycle</u>		
	<u>Menopause</u>		



**Unit -3**

**DEVELOPMENT OF THE FOCTUS**

TIME: 20 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Understand and describe the development of Fertilized Ovum	1. Ovulation	Lecture
	** Fertilization/Conception	Model
	** Implantation of Ovum	Charts
	** Development of fertilized Ovum/Zygote	
2. Describe Placenta, its structure functions & abnormalities	2. Development of Placenta	
	2.1 Definition	
	2.2 Structure	
	2.3 Functions	
	2.4 Abnormalities	
2.5 Diseases		
3. Describe month to month development of foetus	3. Development of the embryo, foetus, month to month	
4. Describe F. Skull and its various diameters.	4. Foetus Skull	
	4.1 Bones.	
	4.2 Sutures	
	4.3 Fontanelles	Lectures
4.4 Diameters		
5. Describe F. Circulation	5. Foetal Circulation	Charts
	5.1 Temporary Structure	
	5.2 Course of Circulation	Model.
	5.3 Changes at Birth.	



**Unit -4**

**PREGNANCY**

TIME: 12 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Gain knowledge about normal phenomina of pregnancy.	1. Definition	Lecture Charts
	1.1 Duration of Pregnancy	
	1.2 Physiological Changes	
	1.3 Diagnosis of Pregnancy.	
2. Develop understanding of nutritional requirement during pregnancy and give advise to pregnant women.	1.4 Relationship of the foctus to Ut. and Pelvis.	Practice on Dummy
	2. Signs an symptoms of Pregnancy.	
	2.1 Minor disorders of Pregnancy.	
	2.2 Nutrition in Pregnancy.	



**Unit -5**

**ANTENATAL CARE**

TIME: 12 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. To understand the importance of Antenatal Care.	1. Definition 1.1 Aims & advantages.	Lecture Posters
2. To understand the Psychology of Pregnant woman	2. Psychological aspect of Pregnancy	Charts
3. Develop Skills in Physical & Clinical examination of an expectant mother.	3. Physical & Clinical examination. 3.1 History taking 3.2 Abdominal Palpation 3.3 Pelvic Assessment.	Demonstrations
4. Understand the need of Health Teaching to pregnant woman and give advise when needed	4. Advises to Pregnant Women. 4.1 Mother craft classes.	



Unit -6

**COMPLICATION OF PREGNANCY**

TIME: 44 HOURS

OBJECTIVES		CONTENTS		TEACHING/LEARNING STRATEGIES
1. Gain knowledge about the conditions associated with bleeding in early pregnancy and their management.	1.	1.	Conditions associated with bleeding during early pregnancy.	Lecture Discussion Charts Specimens
		1.1	Implantation bleeding.	
		1.2	Cervical lesions.	
		1.3	Abortion.	
		1.4	Caused of abortion	
		1.5	Types	
		1.6	Signs & Symptomes	
		1.7	Treatment	
		1.8	Cervical incompetence	
		1.9	Legal aspect of Abortion.	
		1.10	Islamic Views	
	1.11	Enforced Law		
2. Gain knowledge about the abnormal amount of liquor amnie and its effect on pregnant woman and foctus	2.	2.	Ectopic Pregnancy	
		2.1	Bacteramic Shock	
		2.2	Hydatidiform Mole	
		2.3	Choricarcinoma	
3. Develop Skills in Diagnoses of Hydramnios.	3.	3.	Hydramnios	
		3.1	Definition	
		3.2	Types.	
		3.3	Causes	
		3.4	Signs and Symptoms	
		3.5	Management	
		3.6	Complication	
4. Gain knowledge about the diseases caused by Toxaemias of pregnancy and their management.	4.	4.	Toxaemias of Pregnancy	Lecture Discussion
		4.1	Definition	
		4.2	Types	
		4.3	Hyperemesis gravidarum	
		4.4	Essential hypertension	
		4.5	Pre-eclampsia	
		4.6	Eclampsia	



OBJECTIVES		CONTENTS		TEACHING/LEARNING STRATEGIES
5. Gain knowledge of diseases associated with pregnancy & their management.	5	Diseases Associated with Pregnancy		
	5.1	Cardiac Diseases		
	5.2	Diabetes		
	5.3	Pulmonary T.B.		
	5.4	Anaemia		
	5.5	Rubella		
	5.6	Urinary tract Infection.		
6. Develop understanding about diseases transmitted by sexual contact and their management.	6	Sexually transmitted diseases.		
	6.1	Trichomoniasis		
	6.2	Cardidiasis		
	6.3	Syphilis		
	6.4	Gonorrhea		
	6.5	Aid/HIV infection		
7. Gain knowledge about the causes of bleeding occurring in late Pregnancy and their management.	7.	Bleeding associated with late pregnancy		Lecture
	7.1	Ante partum haemorrhage.		Discussion
	7.2	Definition		
	7.3	Types		
	7.4	Signs & Symptoms		
	7.5	Management		



Unit -7

**NORMAL LABOUR**

TIME: 40 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Develop understanding & skill in the management of normal labour	1. Definition 1.2 Causes of onset of Labour 1.3 Signs of labour 1.4 Mechanism of Normal Labour 1.5 Physiological changes in first, Second and third stage of labour. 1.6 Management 1.7 Complication of first, second and third stages of Labour	Lecture Discussion Demonstration Charts



## Unit -8

# ABNORMAL LABOUR

TIME: 50 HOUR

OBJECTIVES		CONTENTS		TEACHING/LEARN STRATEGIES
1.	Define and discuss abnormal labour/Dystocia	1.	Definition of abnormal labour or dystocia Causes due to :	
		1.1	Power	
		1.2	Passenger	
		1.3	Passage.	
2.	Develop understanding of mechanism of various abnormal presentations & positions.	2.1	Mal Presentation	Lecture
		2.2	Occipito posterior position of vertex	Discussion
3.	Develop skills in diagnosis of Mal Presentation.	3.1	Deep transverse arrest	
		3.2	Face Presentation	
		3.3	Brow Presentation	
4.	Develop skills in the management of various Mal presentations & Mal positions.	4.1	Shoulder	Demonstration
		4.2	Presentation/Transverse.	
		4.3	Breech presentation	
		4.4	Management of abnormal Labour	
5.	Develop understanding and skills about diagnosis and management of multiple Pregnancy.	5.	Multiple Pregnancy	
6.	Develop understanding and skills in the management of disordered uterine action.	6	Disordered uterine action.	
		6.1	Hyponic uterine action	
		6.2	Incoordinate uterine action.	
		6.3	Hypertonic uterine action	
		6.4	Constriction ring.	
		6.5	Cervical dystocia.	
		6.6	Rigid Cervix.	
		6.7	Oedematous interior lip of cervix	
		6.8	Prolonged Labour	
		6.9	Contracted Pelvis	
		6.10	Trial of Labour	
		6.11	Obstructed Labour	



OBJECTIVES		CONTENTS		TEACHING/LEARNING STRATEGIES
7.	To gain knowledge about the various obstetrical emergencies and their management.	7.	Obstetrical emergencies.	Lecture.
		7.1	Rupture of uterine.	
		7.2	Prolapse of cord.	Discussion
		7.3	Acute inversion of uterus.	
8.	Develop understanding and skills in the management of complications of third stage of Labour	8.	Complications of third stage of Labour.	
		8.1	Post partum Haemorrhage.	
		8.2	Adherent Placenta.	
		8.3	Retained Placenta	
		8.4	Vulval Haematoma.	
		8.5	Collapse and shock.	



Unit -9

**OBSTETRICAL OPERATIONS**

TIME: 10 HOURS

OBJECTIVES		CONTENTS		TEACHING/LEARNING STRATEGIES
1. Gain knowledge about various obstetrical operations and their management.	1.1	Version		Lecture Discussion
	1.2	Induction		
	1.3	Episiotomy		
	1.4	Forceps delivery & vacuum extraction.		
2. Develop skills in dealing with the various obstetrical operations.	2.1.	Ceasarian section		
	2.2	Destructive operations.		
	2.3	Craniotomy		
	2.4	Embriotomy		



Unit -10

**PUERPERIUM**

TIME: 8 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Develop knowledge & skills in providing postnatal care.	1.1 Definition.	Lecture
	1.2 Physiological changes.	Demonstration.
	1.3 Management & Nursing Care	



Unit -11

**COMPLICATION OF PUERPERIUM**

TIME: 16 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Gain knowledge and develop skills in the management of complications occurring during lying in period.	1.1 Puerperal sepsis. 1.2 Puerperal Haemorrhage (see P.P.H) 1.3 Sub involution of uterus. 1.4 Retention of urine. 1.5 Post Partum Eclampsia. 1.6 Abnormal conditions of lactating breast. 1.7 Mastitis. 1.8 Breast abscess. 1.9 Cracked nipples. 1.10 Septicaemia. 1.11 Thrombo phlebitis. 1.12 White leg. 1.13 VVF & RVF. 1.14 Puerperal Psychosis	Lecture Discussion



Unit -12

**NEW BORN BABY**

TIME: 12 HOURS

OBJECTIVES		CONTENTS		TEACHING/LEARNING STRATEGIES
1	develop skills in the care of new born.	1.1	Definition.	Lecture
		1.2	Physiology of the new born	Demonstration.
		1.3	Immediate care of new born.	
2.	Gain knowledge about breast feeding to meet the physiological & psychological needs of mother & child and help the mother in promotion of breast feeding.	2	After care of new born.	
		2.1	Breast feeding.	
		2.2	Advantages.	
		2.3	Contra indication of breast feeding.	
		2.4	Artificial feeding	



**Unit -13**

**PREMATURITY & POSTMATURITY**

TIME: 8 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES		
1. Gain knowledge and develop skills in the care of premature and postmature infants.	(a)			
	<u>Prematurity.</u>			
	1.1	Definition.	Lecture	
	1.2	Causes.	Discussion	
	1.3	Signs	Film & Slides	
	1.4	Prevention.		
	1.5	Management and Nursing Care.		
	1.6	Complication of Prematurity.		
		(b)		
		<u>Postmaturity.</u>		
		1.1	Definition.	
		1.2	Causes	
		1.3	Signs.	
		1.4	Management.	
		1.5	Complication of Postmaturity.	



Unit -14

**COMPLICATIONS OF NEW BORN**

TIME: 10 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Gain knowledge and develop skill in the management of complications of new born.	1.1 Neonatal asphyxia. 1.2 Birth Injuries. 1.3 Congenital malformations. 1.4 Infections/diseases 1.5 Haemorrhagic diseases. 1.6 Causes of neonatal deaths.	Lecture Discussion Film & Slides



Unit -15

**PRINCIPLES AND PRACTICE OF  
DISTRICT MIDWIFERY**

TIME: 20 HOUR

OBJECTIVES		CONTENTS	TEACHING/LEARN STRATEGIES
1. Understand the principles & importance of District Midwifery Services for the mother & child.	1.1	Definition	Lecture
	1.2	District Midwifery Organization	Discussion
	**	<u>Staff</u>	Charts
	**	District Midwifery Supervisor	Film
	**	Charge Nurse	Field Visit.
	**	Nurse Midwife/Pupil Midwife	
	**	Bearer	
	**	Driver	
	1.3	Functions (To provide antenatal, Intranatal and postnatal care to all the registered cases in the homes & clinic)	
	1.4	Referral of cases to Hospital	
2. Give advise to the mother regarding the confinement at home.	2	Preparation for confinement	
	2.1	Physical facilities, water, light, heat, Privacy.	
	2.2	Preparation of patient	
	2.3	Preparation of room/home	
	2.4	Preparation of Midwifery equipment/bag technique	
	2.5	Preparation for Baby	
3. Develop skills in the management of delivery at home & give postnatal care to the mother & child.	3	Management of three stages of labour.	
	3.1	Nursing Care of the new born	
	3.2	Nursing care during pureperium (Normal & Abnormal)	
	3.3	Care of Mother & Child	
	3.4	Health education	
	3.5	Postnatal checkup (at 6 weeks)	
	3.6	Family Planning advise	
	3.7	Refer to F.P. Clinic	



Unit -16

**MIDWIFERY RELATION TO PUBLIC HEALTH**

TIME: 12 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Gain knowledge about the referral system of her province.	1. Referral System. <u>BHU/MCH - RHC - THQ Hospital</u> <u>- DHQ - Teaching Institution.</u>	Lecture Discussion. Visit/Field Inspection.
2. Gain knowledge about the Govt. & Non Govt. Agencies to contact for help.	2. Helping Agencies. 2.1 Govt. 2.2 WHO, UNICEF, UNESCO, SOCIAL SECURITY. 2.3 Non-Government Organization 2.4 Red Crescent/Red Cross, Edhi Welfare.	
3. Knowledge about the controlling bodies of training of midwife.	3.1 Pakistan Nursing Council 3.2 Provincial Nursing Examination Board.	
4. Understand the importance of legal aspects of midwifery practice.	4. Rules & Regulations governing the practice and supervision of midwives. 4.1 Reg.- PNC. Allowed to practice normal midwifery. 4.2 Responsibilities as a midwife. 4.3 Birth & death Registration. 4.4 Notification of Communicable diseases.	



**Unit -17**

**E P I**

TIME: 6 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Understand the importance of EPI and refer the clients to EPI Centre	1.1 Introduction (Definition-History & Purposes)	Lecture Discussion.
	1.2 Name of 6 diseases covered in EPI (TB, DIPHTHERIA, WHOOPING COUGH, TETANUS, POLIO, MEASLES).	Demonstration Charts Field visit.
	1.3 Short description of diseases.	
	1.4 Schedule of Immunization.	
	1.5 Information about E.P.I. Center	



Unit -18

**FAMILY PLANNING**

TIME: 12 HOURS

OBJECTIVES	CONTENTS	TEACHING/LEARNING STRATEGIES
1. Understand the importance of Family Planning and motivate families to practice Family Planning.	1.1 Definition 1.2 History of development of Family Planning. 1.3 Advantages and Disadvantages. 1.4 Review of Male & Female reproductive organs & its functions Contraceptives. 1.5 Contraception & Contraceptives. 1.6. Motivation and Counselling. 1.7 Different methods of contraception 1.8 Temporary methods 1.9 Old Method. 1.10 Barrier Method. 1.11 Hormonal contraceptives. 1.12 Permanent Methods. 1.13 Female 1.14 Male	Lecture Discussion Charts. Field trip. Film.



