



Maharshi Karve Stree Shikshan Samstha's

**SITABAI NARGUNDKAR COLLEGE OF NURSING FOR  
WOMEN**

Mouje Sukali (Gupchup), Tal: Hingna, Nagpur – 441110



Estd. : 2007

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**LIST OF COURSES WITH THEIR  
DESCRIPTIONS**

SN	Program	Course	Unit no	Hours	Description
1	B.Sc. Nursing Fourth Year	Management of Nursing Service and Education	III	6	<p>Management Process</p> <ul style="list-style-type: none"> <li>• Planning, mission, philosophy, objectives, operational plan</li> <li>• Staffing: Philosophy, staffing study, norms, activities, patient classification system, scheduling</li> <li>• Human resource management, recruiting, selecting, deployment, retaining, promoting, superannuation.</li> <li>• Budgeting: Concept, principles, types, cost benefit analysis audit</li> <li>• Material management: equipment and supplies</li> <li>• Directing process (Leading)</li> <li>• Controlling: Quality management</li> <li>• Program Evaluation Review Technique (PERT), Bench marking, Activity Plan (Gantt Chart)</li> </ul>
		Nursing Research and Statistics	v	8	<p>Sampling and data collection</p> <ul style="list-style-type: none"> <li>• Definition of Population, Sample, Sampling criteria, factors influencing sampling process, types of sampling techniques.</li> <li>• Data collection Methods and instruments</li> <li>1) Questionnaire, interview, records &amp; reports and other techniques</li> <li>2) Validity &amp; Reliability of the instrument</li> <li>3) Pilot Study</li> </ul>
		Midwifery and Obstetrical Nursing	II	8	<p>Review of anatomy and physiology of female reproductive system and foetal development</p>

					<p>Female pelvis-general description of the bones joints, ligaments, planes of the pelvis diameters of the true pelvis important Landmarks variations in pelvis shape</p> <p>Female organs of reproduction-external genitals, organs and their anatomical relations, musculature blood supply, nerves, lymphatics, pelvic cellular tissue, pelvic peritoneum Physiology of menstrual cycle Human sexuality Foetal development Conception Review of fertilization, implantation (embedding of the ovum), development of the embryo and placenta term-function abnormalities, the foetal sac amniotic fluid, the umbilical chord.</p> <p>foetal circulation, foetal skull, bones, sutures and movements Review of Genetics</p>
1	B.Sc. Nursing 1 <sup>st</sup> SEM	Applied Sociology	VI	16	<p>Social norms, moral and values</p> <ul style="list-style-type: none"> <li>☐ Social disorganization – definition, causes, Control and planning</li> <li>☐ Major social problems – poverty, housing, food supplies, illiteracy, prostitution, dowry, Child labour, child abuse, delinquency, crime,</li> </ul>

					<p>substance abuse, HIV/AIDS, COVID-19</p> <ul style="list-style-type: none"> <li>☒ Vulnerable group – elderly, handicapped, minority and other marginal group.</li> <li>☒ Fundamental rights of individual, women and children</li> <li>☒ Role of nurse in reducing social problem and enhance coping</li> <li>☒ Social welfare programs in India</li> </ul>
		Applied Psychology	II	5	<p>Biological basis of behavior – Introduction</p> <ul style="list-style-type: none"> <li>☒ Body mind relationship</li> <li>☒ Genetics and behaviour</li> <li>☒ Inheritance of behaviour</li> <li>☒ Brain and behaviour.</li> <li>☒ Psychology and sensation – sensory process – normal and abnormal Physical, psychosocial and cognitive development across life span – Prenatal through early childhood, middle to late childhood through adolescence, early and mid-adulthood, late adulthood, death and dying</li> <li>☒ Role of nurse in supporting normal growth and development across the life span</li> <li>☒ Psychological needs of various groups in health and sickness – Infancy, childhood, adolescence, adulthood and older adult</li> <li>☒ Introduction to child psychology and role of nurse in meeting the psychological needs of children</li> <li>☒ Psychology of vulnerable individuals – challenged, women, sick etc.</li> </ul>

					<ul style="list-style-type: none"> <li>☐ Role of nurse with vulnerable groups</li> </ul>
		Nursing Foundation			<p>Health Care Delivery Systems – Introduction of Basic Concepts &amp; Meanings</p> <ul style="list-style-type: none"> <li>☐ Levels of Illness Prevention – Primary (Health Promotion), Secondary and Tertiary</li> <li>☐ Levels of Care – Primary, Secondary and Tertiary</li> <li>☐ Types of health care agencies/ services – Hospitals, clinics, Hospice, rehabilitation centres, extended care facilities</li> <li>☐ Hospitals – Types, Organization and</li> </ul>
2	B.Sc. Nursing 2 <sup>nd</sup> SEM	Biochemistry	I,II	16	<p><b>Carbohydrates</b></p> <ul style="list-style-type: none"> <li>☐ Digestion, absorption and metabolism of carbohydrates and related disorders</li> <li>☐ Regulation of blood glucose</li> <li>☐ Diabetes Mellitus – type 1 and type 2, symptoms, complications &amp; management in brief</li> <li>☐ Investigations of Diabetes Mellitus <ul style="list-style-type: none"> <li>o OGTT – Indications, Procedure, Interpretation and types of GTT curve</li> <li>o Mini GTT, extended GTT, GCT, IV GTT</li> <li>o HbA1c (Only definition)</li> </ul> </li> <li>☐ Hypoglycemia – Definition &amp; causes</li> </ul> <p><b>Lipids</b></p> <ul style="list-style-type: none"> <li>☐ Fatty acids – Definition, classification</li> <li>☐ Definition &amp; Clinical significance of MUFA &amp; PUFA, Essential fatty acids, Trans fatty acids</li> </ul>

					<ul style="list-style-type: none"> <li>☐ Digestion, absorption &amp; metabolism of lipids &amp; related disorders</li> <li>☐ Compounds formed from cholesterol</li> <li>☐ Ketone bodies (name, types &amp; significance only)</li> <li>☐ Lipoproteins – types &amp; functions (metabolism not required)</li> <li>☐ Lipid profile</li> <li>☐ Atherosclerosis (in brief)</li> </ul>
		APPLIED NUTRITION AND DIETETICS	VII	T-7 L-8	<p><b>Balanced diet</b></p> <ul style="list-style-type: none"> <li>☐ Definition, principles, steps</li> <li>☐ Food guides – Basic Four Food Groups</li> <li>☐ RDA – Definition, limitations, uses</li> <li>☐ Food Exchange System</li> <li>☐ Calculation of nutritive value of foods</li> <li>☐ Dietary fibre</li> </ul> <p><b>Nutrition across life cycle</b></p> <ul style="list-style-type: none"> <li>☐ Meal planning/Menu planning – Definition, principles, steps</li> <li>☐ Infant and Young Child Feeding (IYCF) guidelines – breast feeding, infant foods</li> <li>☐ Diet plan for different age groups –Children, adolescents and elderly</li> <li>☐ Diet in pregnancy – nutritional requirements and balanced diet plan</li> <li>☐ Anemia in pregnancy – diagnosis, diet for anemic pregnant women, iron &amp; folic acid supplementation and counseling</li> <li>☐ Nutrition in lactation – nutritional requirements, diet for lactating mothers, complementary feeding/ weaning.</li> </ul>
		NURSING FOUNDATION - II	II	13	<p><b>The Nursing Process</b></p> <ul style="list-style-type: none"> <li>☐ Critical Thinking Competencies,</li> </ul>

				<p>Attitudes for Critical Thinking, Levels of critical thinking in Nursing</p> <ul style="list-style-type: none"> <li>☐ Nursing Process Overviewo Assessment</li> <li>☐ Collection of Data: Types, Sources, Methods</li> <li>☐ Organizing Data</li> <li>☐ Validating Data</li> <li>☐ Documenting Data <ul style="list-style-type: none"> <li>o Nursing Diagnosis</li> </ul> </li> <li>☐ Identification of client problems, risks and strengths</li> <li>☐ Nursing diagnosis statement – parts, Types, Formulating, Guidelines for formulating Nursing Diagnosis</li> <li>☐ NANDA approved diagnoses</li> <li>☐ Difference between medical and nursing diagnosis <ul style="list-style-type: none"> <li>o Planning</li> </ul> </li> <li>☐ Types of planning</li> <li>☐ Establishing Priorities</li> <li>☐ Establishing Goals and Expected Outcomes – Purposes, types, guidelines, Components of goals and outcome statements</li> <li>☐ Types of Nursing Interventions, Selecting interventions: Protocols and Standing Orders</li> <li>☐ Introduction to Nursing Intervention Classification and Nursing Outcome Classification</li> <li>☐ Guidelines for writing care plan <ul style="list-style-type: none"> <li>o Implementation</li> </ul> </li> <li>☐ Process of Implementing the plan of care</li> <li>☐ Types of care – Direct and Indirect <ul style="list-style-type: none"> <li>o Evaluation</li> </ul> </li> <li>☐ Evaluation Process, Documentation and Reporting</li> </ul>
		HEALTH/NURSING INFORMATICS AND TECHNOLOGY		<p>Introduction to computer applications for patient care delivery system and nursing practice</p>

					<ul style="list-style-type: none"> <li>☑ Use of computers in teaching, learning, research and nursing practice</li> <li>Windows, MS office: Word, Excel, Power Point</li> <li>☑ Internet</li> <li>☑ Literature search</li> <li>☑ Statistical packages</li> <li>☑ Hospital management information system</li> </ul>
4	B.Sc. Nursing 3 <sup>rd</sup> SEMESTER	APPLIED MICROBIOLOGY	II	10	<p><b>General characteristics of Microbes:</b></p> <ul style="list-style-type: none"> <li>☑ Structure and classification of Microbes</li> <li>☑ Morphological types</li> <li>☑ Size and form of bacteria</li> <li>☑ Motility</li> <li>☑ Colonization</li> <li>☑ Growth and nutrition of microbes</li> <li>☑ Temperature</li> <li>☑ Moisture</li> <li>☑ Blood and body fluids</li> <li>☑ Laboratory methods for Identification of Microorganisms</li> <li>☑ Types of Staining – simple, differential (Gram's, AFB), special – capsular staining (negative), spore, LPCB, KOH mount.</li> <li>☑ Culture and media preparation – solid and liquid. Types of media – semi synthetic, synthetic, enriched, enrichment, selective and differential media. Pure culture techniques – tube dilution, pour, spread, streak plate. Anaerobic cultivation of bacteria</li> </ul>
		PHARMACOLOGY - I	I	3	<p>Introduction to Pharmacology</p> <ul style="list-style-type: none"> <li>☑ Definitions &amp; Branches</li> <li>☑ Nature &amp; Sources of drugs</li> <li>☑ Dosage Forms and Routes of drug administration</li> <li>☑ Terminology used</li> </ul>



				<ul style="list-style-type: none"> <li>☐ Classification, Abbreviations, Prescription, Drug Calculation, Weights and Measures</li> <li>☐ <i>Pharmacodynamics</i>: Actions, Drug Antagonism, Synergism, Tolerance, Receptors, Therapeutic, adverse, toxic effects, pharmacovigilance</li> <li>☐ <i>Pharmacokinetics</i>: Absorption, Bioavailability, Distribution, Metabolism, Interaction, Excretion</li> <li>☐ Review: Principles of drug administration and treatment individualization <ul style="list-style-type: none"> <li>o Factors affecting dose, route etc.</li> </ul> </li> <li>☐ Indian Pharmacopoeia: Legal Issues, Drug Laws, Schedule Drugs</li> <li>☐ Rational Use of Drugs</li> <li>☐ Principles of Therapeutics</li> </ul>
		PATHOLOGY - I		<ul style="list-style-type: none"> <li>Special Pathology</li> <li>Pathological changes in disease conditions of selected systems: <ol style="list-style-type: none"> <li>1. Respiratory system <ul style="list-style-type: none"> <li>☐ Pulmonary infections: Pneumonia, Lung abscess, pulmonary tuberculosis</li> <li>☐ Chronic Obstructive Pulmonary Disease: Chronic bronchitis, Emphysema, Bronchial Asthma, Bronchiectasis</li> <li>☐ Tumors of Lungs</li> </ul> </li> <li>2. Cardio-vascular system <ul style="list-style-type: none"> <li>☐ Atherosclerosis</li> <li>☐ Ischemia and Infarction.</li> <li>☐ Rheumatic Heart Disease</li> <li>Infective endocarditis</li> </ul> </li> <li>3. Gastrointestinal tract <ul style="list-style-type: none"> <li>☐ Peptic ulcer disease (Gastric and Duodenal ulcer)</li> <li>☐ Gastritis-H Pylori infection</li> </ul> </li> </ol> </li> </ul>

					<ul style="list-style-type: none"> <li>☒ Oral mucosa: Oral Leukoplakia, Squamous cell carcinoma</li> <li>☒ Esophageal cancer</li> <li>☒ Gastric cancer</li> <li>☒ Intestinal: Typhoid ulcer, Inflammatory Bowel Disease (Crohn's disease and Ulcerative colitis), Colorectal cancer</li> <li>4. Liver, Gall Bladder and Pancreas</li> <li>☒ Liver: Hepatitis, Amoebic Liver abscess, Cirrhosis of Liver</li> <li>☒ Gall bladder: Cholecystitis.</li> <li>☒ Pancreas: Pancreatitis</li> <li>☒ Tumors of liver, Gall bladder and Pancreas</li> <li>5. Skeletal system</li> <li>☒ Bone: Bone healing, Osteoporosis, Osteomyelitis, Tumors</li> <li>☒ Joints: Arthritis - Rheumatoid arthritis and Osteoarthritis</li> <li>6. Endocrine system</li> <li>☒ Diabetes Mellitus</li> <li>☒ Goitre</li> <li>☒ Carcinoma thyroid</li> </ul>
		ADULT HEALTH NURSING - I	II	15	<p><b>Intraoperative Care</b></p> <ul style="list-style-type: none"> <li>☒ Organization and physical set up of the operation theatre <ul style="list-style-type: none"> <li>o Classification</li> <li>o O.T Design</li> <li>o Staffing</li> <li>o Members of the OT team</li> <li>o Duties and responsibilities of the nurse in OT</li> </ul> </li> <li>☒ Position and draping for common surgical procedures</li> <li>☒ Instruments, sutures and suture materials, equipment for common surgical procedures</li> <li>☒ Disinfection and sterilization of</li> </ul>

					<p>equipment</p> <ul style="list-style-type: none"> <li>☑ Preparation of sets for common surgical procedures</li> <li>☑ Scrubbing procedures – Gowning, masking and gloving</li> <li>☑ Monitoring the patient during the procedures</li> <li>☑ Maintenance of the therapeutic environment in OT</li> <li>☑ Assisting in major and minor operation, handling specimen</li> <li>☑ Prevention of accidents and hazards in OT</li> <li>☑ Anaesthesia – types, methods of administration, effects and stages, equipment &amp; drugs</li> <li>☑ Legal aspects</li> </ul>
B.Sc. Nursing 4 <sup>th</sup> SEMESTER	PHARMACOLOGY - II	III	10	<p>Basis &amp; applied pharmacology of commonly used drugs</p> <ul style="list-style-type: none"> <li>☑ Analgesics and anaesthetics <ul style="list-style-type: none"> <li>o Analgesics: Non-steroidal antiinflammatory (NSAID) drugs</li> <li>o Antipyretics</li> <li>o Opioids &amp; other central analgesics</li> </ul> </li> <li>☑ General (techniques of GA, pre anesthetic medication) &amp; local anesthetics</li> <li>☑ Gases: oxygen, nitrous, oxide, carbon-dioxide &amp; others</li> <li>☑ Hypnotics and sedatives</li> <li>☑ Skeletal muscle relaxants</li> <li>☑ Antipsychotics <ul style="list-style-type: none"> <li>o Mood stabilizers</li> </ul> </li> <li>Antidepressants</li> <li>☑ Antianxiety Drugs</li> <li>☑ Anticonvulsants</li> <li>☑ Drugs for neurodegenerative disorders &amp; miscellaneous drugs</li> <li>☑ Stimulants, ethyl alcohol and treatment of methyl alcohol poisoning</li> <li>☑ Composition, action, dosage, route,</li> </ul>	

					indications, contraindications, drug interactions, side effects, adverse effects toxicity and role of nurse
		PATHOLOGY - II AND GENETICS	II	5	<p>Methods of collection and examination of CSF and other body cavity fluids (sputum, wound discharge) specimen for various clinical pathology, biochemistry and microbiology tests</p> <p>Analysis of semen:</p> <ul style="list-style-type: none"> <li>o Sperm count, motility and morphology and their importance in infertility</li> </ul> <p>☒ Urine:</p> <ul style="list-style-type: none"> <li>o Physical characteristics, Analysis, Culture and Sensitivity</li> </ul> <p>☒ Faeces:</p> <ul style="list-style-type: none"> <li>o Characteristics</li> <li>o Stool examination: Occult blood, Ova, Parasite and Cyst, Reducing substance etc.</li> <li>o Methods and collection of urine and faeces for various tests</li> </ul>
		ADULT HEALTH NURSING - II	VIII	12	<p>Structure and characteristics of normal and cancer cells</p> <p>☒ History, physically assessment, diagnostic tests</p> <p>☒ Prevention screening early detections warning sign of cancer</p> <p>☒ Epidemiology, etiology classification, Pathophysiology, staging clinical manifestations, diagnosis, treatment modalities and medical and surgical nursing management of Oncological condition</p> <p>☒ Common malignancies of various</p>

					<p>body system eye, ear, nose, larynx, breast, cervix, ovary, uterus, sarcoma, renal, bladder, kidney, prostate Brain, Spinal cord.</p> <ul style="list-style-type: none"> <li>☐ Oncological emergencies</li> <li>☐ Modalities of treatment: Chemotherapy, Radiotherapy: Radiation safety, AERB regulations, Surgical intervention, Stem cell and bone marrow transplant, Immunotherapy, Gene therapy</li> <li>☐ Psychological aspects of cancer: anxiety, depression, insomnia, anger</li> <li>☐ Supportive care</li> <li>☐ Hospice care</li> </ul>
		PROFESSIONALISM	I	5	<p><b>Profession</b></p> <ul style="list-style-type: none"> <li>☐ Definition of profession</li> <li>☐ Criteria of a profession</li> <li>☐ Nursing as a profession</li> </ul> <p><b>Professionalism</b></p> <ul style="list-style-type: none"> <li>☐ Definition and characteristics of professionalism</li> <li>☐ Concepts, attributes and indicators of professionalism</li> <li>☐ <i>Challenges of professionalism</i> <ul style="list-style-type: none"> <li>o Personal identity vs professional identity</li> <li>o Preservation of self-integrity: threat to integrity, Deceiving patient: withholding information and falsifying records</li> <li>o Communication &amp; Relationship with team members: Respectful and open communication and relationship pertaining to relevant interests for ethical decision making</li> <li>o Relationship with patients and society</li> </ul> </li> </ul>

				<p><b>Professional Conduct</b></p> <ul style="list-style-type: none"> <li>☐ Following ethical principles</li> <li>☐ Adhering to policies, rules and regulation of the institutions</li> <li>☐ Professional etiquettes and behaviours</li> <li>☐ Professional grooming: Uniform, Dress code</li> <li>☐ Professional boundaries: Professional relationship with the patients, caregivers and team members</li> </ul> <p><b>Regulatory Bodies &amp; Professional Organizations: Roles &amp; Responsibilities</b></p> <ul style="list-style-type: none"> <li>☐ <i>Regulatory bodies:</i> Indian Nursing Council, State Nursing Council</li> <li>☐ <i>Professional Organizations:</i> Trained Nurses Association of India (TNAI), Student Nurses Association (SNA), Nurses League of Christian Medical Association of India, International Council of Nurses (ICN) and International Confederation of Midwives.</li> </ul>
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**Principal**  
**Sitabai Nargundkar**  
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