

MNPE-09425068494

In Collaboration with

**Karnataka State Open
University**

Manasagangotri, Mysore-6

Syllabus

Certificate in Junior Nursing Assistant

www.maanarmadaedu.org

Certificate in Junior Nursing Assistant Program Structure (Face to Face)

ELIGIBILITY - 10th Class pass under 10+2 system.

COURSE PERIOD: SIX MONTHS

TOTAL MARKS: 500

TOTAL SEMESTER: 1

SUBJECT TITLE	SUBJECT CODE	MARKS		
		Theory	Practical	Total
ANATOMY & PHYSIOLOGY	JNA-101	50	50	100
HISTORY OF NURSING	JNA-102	50	50	100
INTRODUCTION TO MEDICAL & SURGICAL NURSING	JNA-103	50	50	100
COMMUNITY HEALTH NURSING	JNA-104	50	50	100
PRACTICAL	JNA-105		100	100

1 ST SEMESTER	
COURSE TITLE	CREDITS
ANATOMY & PHYSIOLOGY	4
HISTORY OF NURSING	4
INTRODUCTION TO MEDICAL & SURGICAL NURSING	4
COMMUNITY HEALTH NURSING	4
PRACTICAL	2
TOTAL CREDIT	18

DETAILED SYLLABUS

JNA 101 : ANATOMY & PHYSIOLOGY

Total Credit : 4

Block 1

Unit 1

Introduction of Anatomy and Physiology

- Brief description of Anatomy
- Brief description of Physiology
- Terms used in Anatomy
- System of the body

Unit 2

- The body fluids
- Tissue fluids exchange
- Odema and Swelling

Unit 3

- Cell structure
- Cell division
- Function of Cell
- Reproduction

Unit 4

Brief Description

- Ear
- Nose
- Eyes

Block 2

Unit 1

- Introduction of Tissue
- Function of Tissues
- Types of Tissue
- Introduction of Cartilages
- Bone structure and growth

Unit 2

- Short notes on surface Anatomy
- Introduction of skeleton
- Gross and minute structure of bone

Unit 3

- Brief description of Axial skeleton
 - A) Skull
 - B) Vertebral column
 - C) Sternum
 - D) Hyoid Bone

Unit 4

- The appendicular skeleton
 - A) Upper limb
 - B) Lower limb
- Classification of bone

Block 3

Unit1

Cardiovascular System

- A) Anatomy and Physiology of Heart,
- B) Define and function of Veins and arteries in the circulatory system
- C) Circulation-systematic and pulmonary (In brief).
- D) Brief review of chamber of Heart- the cardiac cycle

Unit 2

Digestive System

- A) Physiology and Anatomy of mouth, pharynx, stomach, small intestine, large intestine, Absorption of food and its excretion.
- B) Role of Bile in Digestion and Excretion
- C) Brief description of Liver and function

Unit 3

Respiratory System

- A) Brief description of Larynx, Trachea and Lungs.
- B) Respiratory movement and rate of Respiration

Unit 4

Urinary System

- A) Structure and functions of Kidney, Uretures, Bladder, Urethra and Nephrons.
- B) Composition of normal urine.
- C) Related Diseases- Cystitis, Nephritis, Pyelonephritis
- D) Disorder of micturition, renal failure, uraemia

Block 4

Unit 1

Endocrine Organs

- A) Pituitary gland
- B) Thyroid gland
- C) Parathyroid gland
- D) Introduction and function of Pancreas
- E) Brief description and function of adrenal gland and Thymus gland

Unit 2

Reproductive System

- A) Introduction
- B) Puberty
- C) The menopause
- D) Pelvic cavity
- E) The female organs of generation
- F) The genito- urinary Tract in the male

Unit 3

Central nervous system

- A) Brain, Spinal cord and Meninges with its functions

Unit 4

Blood and their components

- A) Define blood
- B) Composition of blood
- C) Summary of the function of blood
- D) Haemopoiesis

JNA 102 : HISTORY OF NURSING

Total Credit : 4

Block 1

Unit 1

INTRODUCTION

- MEANING
- DEFINITION OF NURSING
- NURSING IMAGES THROUGHOUT

Unit 2

HISTORY

- ANGEL OF MERCY
- HANDMAIDEN –BATTLE-AX
- NAUGHTY NURSE

Unit 3

NURSING PRACTICE REGULATION

- IMPORTANT NURSING ORGANIZATION.

Unit 4

CAREING FOR CLIENTS

- RECIPIENTS OF NURSING CARE
- PURPOSE OF NURSING CARE WHERE DO NURSES WORK.

Block 2

Unit 1

FACTORS INFLUENCE PRACTICE

- TRENDS IN SOCIETY
- TRENDS IN NURSING AND HEALTH CARE.

Unit 2

INTRODUCTION TO NURSING

- BEGINNING OF CIVILIZATION
- CHRISTIAN ERA
- EARLY CHRISTIAN ERA 1-500 A.D

Unit 3

- NURSING AND MEDICINE IN MIDDLE AGES 500- 1500 A.D.
- MODERN ERA FROM 1500 A.D.
- DEVELOPMENT OF NURSING FROM 1860-
- NURSING ADMINISTRATION
- THE SCIENTIFIC, TECHNOLOGICAL AND SOCIAL CHANGES OF 21ST CENTURY.

Unit 4

INTRODUCTION: INFLUENCE OF ANCIENT CULTURAL PRACTICES OF HEALTH CARE INDIANS

- ANCIENT GREEKS
- THE CADUCESU
- ANCIENT ROMANS
- THE IRISH CELTS.

Block 3

Unit 1

GENESIS OF NURSING

- PRIMITIVE IDEAS ABOUT DISEASES
- ROLE OF THE NURSE IN THE CARE OF THE SICK.

Unit 2

EARLY CHRISTIAN ERA (1 A.D.500 A.D)

- APOSTOLIC ORDERS OF WOMEN
- EARLY CHRISTIAN HOSPITALS
- EARLY MIDDLE AGE (500-1000 A.D)

Unit 3

- MONASTICISM
- FUDALISM AND CHIVALRY

Unit 4

LATE MIDDLE AGE (1000-1500 A.D)

- THE CRUSADES-MILITARY NURSING ORDERSRESPONSE OF NURSING TO THE NEEDS OF SOCIETY (1500-1850 A.D)
- THE CENCITISSANCE

Block 4

Unit 1

HOSPITAL AND NURSING

- HUMANITARIANS
- MODERN NURSING
- FLORENCE NIGHTINGALE

Unit 2

- MANAGEMENT VERSUS LEADERSHIP ROLES
- BASIC MANAGER FUNCTION
- NURSE MANAGER FUNCTION
- INFLUENCE OF WOMEN IN NURSING PROFESSION TRANSFORMATIONAL LEADERSHIP.

Unit 3

PUBLIC HEALTH

- PUBLIC HEALTH NURSING
- INTERNATIONAL RED CROSS
- INDIAN RED CROSS
- THE WORLD HEALTH ORGANIZATION
- NATIONAL HEALTH SOCIAL WELFARE ORGANIZATIONS

Unit 4

- MANAGING HEALTH CARE SETTING
- COLLABORATION
- MANAGING RESOURCES-PEOPLE AND WORKPLACE VIOLENCE
- TOTAL QUALITY MANAGEMENT PROFESSIONALISM

JNA 103 : INTRODUCTION TO MEDICAL AND SURGICAL NURSING

Total Credit : 4

Block 1

Unit 1

INTRODUCTION

- BRIEFLY HISTORY AND EVOLUTION OF MODERN MEDICINE AND SURGERY AND PHARMACOLOGY.

Unit 2

CAUSES OF DISEASES AND REACTION OF BODY CHANGES DISEASES

- METABOLIC DISORDERS
- ENDOCRINE DISORDERS.

Unit 3

- NUTRITIONAL DEFICIENCIES AND DIETARY EXCESS CONGENITAL DEFECTS
- EMOTIONAL STRESS

Unit 4

- SOCIAL AND ENVIRONMENTAL FACTORS INFLAMMATION
- HEMORRHAGE AND SHOCK.

Block 2

Unit 1

- DISORDERS OF RESPIRATORY SYSTEM SINUSITIS
- SOURCE THROAT - COUGH – CHEST PAIN

Unit 2

- FIRST AID/DRESSING

Unit 3

- CONDITIONS AFFECTING THE CVS SYSTEM HIGH BLOOD PRESSURE - CHEST PAIN -
SELLERS LEGS
ANEMIA.

Unit 4

- CONDITIONS AFFECTING THE GI SYSTEMS - TOOTH ACHE - SORE`S OF THE MOUTH
- DIARRHEA ABDOMINAL PAIN AND DISTENTION

Block 3

Unit 1

- HERRING (OR) RUPTURE - INTESTINAL OBSTRUCTION - HEMORRHOIDS.

Unit 2

- CONDITIONS AFFECTING THE URINARY AND ENDOCRINE - URINATION PROBLEMS -
KIDNEY PAID - DIABETIES.

Unit 3

- CONDITIONS AFFECTING THE REPRODUCTIVE SYSTEM
- SORES DISCHARGES

Unit 4

- REMONSTRATION PROBLEMS PROLAPSED
- INFERTILITY BREAST PUMP.

Block 4

Unit 1

- CONDITIONS AFFECTING EYE AND EAR
- EYE ACCIDENTS ETC INFECTIONS
- NIGHT BLINDNESS BLURRED VISION - YELLOW EYES

Unit 2

- CONDITIONS AFFECTING EYE AND EAR - EAR TREATMENT AND REFERRAL

Unit 3
CARING FOR A PATIENT WITH DESPOND - POSTURAL DRAINAGE

Unit 4
SAFETY CONSCIOUSNESS AND SAFE WORKING PRACTICES

JNA-104 : COMMUNITY HEALTH NURSING

Total Credit : 4

Block 1

HISTORICAL DEVELOPMENT OF COMMUNITY HEALTH NURSING AND FAMILY CARE:

Unit 1
INTRODUCTION - HISTORICAL DEVELOPMENT OF COMMUNITY HEALTH NURSING
FAMILY AS A BASIC UNIT OF HEALTH –

Unit 2
SOCIAL AND CULTURAL FACTORS AFFECTING FAMILY HEALTH
METHODS OF FAMILY CONTACT
PURPOSES AND PRINCIPLES
BAG TECHNIQUES.

Unit 3
HEALTH CARE DELIVERY IN INDIA:
CENTRAL LEVEL - STATE LEVEL - DISTRICT LEVEL - MUNICIPALITIES AND
CORPORATION
AND PRIMARY HEALTH CENTRES.

Unit 4
NURSES AND RURAL HEALTH SERVICES:
PRIMARY HEALTH CENTRES:
- ORGANIZATION SET UP
- POPULATION COVERED
- STAFFING - FUNCTIONS - ROLE OF COMMUNITY HEALTH NURSE.

Block 2

Unit 1
HEALTH CARE SERVICES:
1. PUBLIC SECTOR:
A. RURAL HEALTH SCHEMES, PRIMARY HEALTH CENTRES AND SUBCENTRES
B. HOSPITAL / HEALTH CENTRES: COMMUNITY HEALTH CENTRES
- RURAL HOSPITALS
- DISTRICT HOSPITALS / HEALTH CENTRES
- SPECIALITY HOSPITALS
- TEACHING HOSPITALS
C. HEALTH INSURANCE SCHEMES
- EMPLOYEES STATE INSURANCE
- CENTRAL GOVERNMENT HEALTH SCHEMES.
D. OTHER AGENCIES
- DEFENSE SERVICES
- RAILWAYS.

Unit 2

2. PRIVATE SECTOR:
-PRIVATE HOSPITALS,
-POLY CLINICS,
-NURSING HOMES AND DISPENSARIES
- GENERAL PRACTITIONERS AND CLINICS.

Unit 4

3. INDIGENOUS SYSTEMS OF MEDICINES:
-AYURVEDA AND SIDDHA
- UNANI
-HOMEOPATHY
- UNREGISTERED PRACTITIONERS
- VOLUNTARY HEALTH PROGRAMMES
- VOLUNTARY AND SEMI GOVERNMENT AGENCIES.

Block 3

Unit 1

COMMUNITY HEALTH CENTRES:
- STAFFING - POPULATION COVERED - FUNCTIONS -ROLE OF COMMUNITY HEALTH NURSE.

SUB CENTRES:
-STAFFING - POPULATION COVERED - FUNCTIONS - ROLE OF COMMUNITY HEALTH NURSE.

Unit 2

SPECIAL COMMUNITY HEALTH SERVICES AND NURSES ROLE:
INDUSTRIAL NURSING:
-DEFINITIONS - OBJECTIVES - OCCUPATIONAL HAZARDS -OCCUPATIONAL DISEASES - PREVENTIVE MEASURES - ESI ACT.

TB NURSING:
-DEFINITION - OBJECTIVES - HEALTH PROBLEMS - PREVENTION - MANAGEMENT – RNTCP - ROLE OF NURSE.

GERIATRIC NURSING:
-INTRODUCTION - AGING PROCESS AND CHANGES - HEALTH PROBLEMS AND NEEDS - HEALTH ASSESSMENT - CARE FOR AGED - WELFARE PROGRAMME - ROLE OF NURSE.

LEPROSY NURSING:
-INTRODUCTION - HEALTH PROBLEMS - ASSESSMENT - NATIONAL LEPROSY ERADICATION PROGRAMME - ROLE OF NURSE.

Unit 4

HEALTH ASSESSMENT:
ASSESSMENT OF INFANT:
-HEAD TO FOOT
- NUTRITIONAL ASSESSMENT

-ASSESSMENT OF PRE SCHOOL CHILDREN - SCHOOL CHILDREN
- ADOLESCENT – OLD AGE.
ANTENATAL ASSESSMENT:
-HISTORY COLLECTION - INSPECTION - PALPATION - PERCUSSION -
AUSCULTATION
- IDENTIFICATION OF HIGH RISK - RECORDING AND REPORTING.
POSTNATAL ASSESSMENT:
-POSTNATAL EXAMINATION - CHECKING ANAEMIA - NUTRITION - POSTNATAL
EXERCISE -
-BREAST FEEDING - IDENTIFICATION OF DEVIATION FROM NORMAL -
RECORDING AND
REPORTING.

Block 4

Unit 1

INTRODUCTION TO FAMILY WELFARE PROGRAMME:

- INTRODUCTION
- POPULATION TRENDS
- DEFINITION AND SCOPE OF FAMILY PLANNING
- METHODS OF FAMILY PLANNING
- POPULATION POLICY.

Unit 2

COMMON NUTRITIONAL PROBLEMS:

INTRODUCTION TO NUTRITION AND HEALTH

- IDENTIFICATION OF NUTRITIONAL PROBLEMS
- PREVENTIVE MEASURES
- MANAGEMENT - ROLE OF COMMUNITY HEALTH NURSE.

Unit 3

STANDING ORDERS IN COMMUNITY:

DEFINITION - PURPOSES - GOVERNMENTAL - INSTITUTIONAL POLICIES – LIMITATIONS
AND - ROLE OF NURSE.

RECORDING AND REPORTING IN COMMUNITY HEALTH NURSING:

DEFINITION - PURPOSES - PRINCIPLES - TYPES OF RECORDS, REPORTS AND
REGISTERS - LEGAL IMPLICATIONS - ROLE OF NURSE.

Unit 4

VITAL STATISTICS:

DEFINITION - PURPOSES - IMPORTANCE - SOURCES - ROLE OF NURSE.

PUBLIC HEALTH LAWS:

INTRODUCTION - PURPOSES - LAWS RELATED TO PUBLIC HEALTH - ROLE OF NURSE.

JNA 105 : PRACTICAL

Total Credit : 2

Block 1

Unit 1

MEASUREMENT OF BLOOD PRESSURE
CHECKING OF PULSE RATE
CHECKING OF RESPIRATION OF PATIENT
CARE OF EARS & HAIR

Unit 2

CARE OF EYES, NAILS, LEGS & FEET
STERILIZATION PROCEDURE (SYRINGE, NEEDLES, SCALPEL, FORCEPS, SCISSORS &
OTHER GLASSWARE ITEMS)
CLEAN TECHNIQUE (HAND WASH TECHNIQUE)

Unit 3

IDENTIFICATION OF NURSING INSTRUMENTS
PROCEDURE OF I.V. INJECTION, INJECTING MEDICATION
PROCEDURE OF I.M. INJECTION
INTRAVENOUS THERAPY, INJECTING UNDER THE SKIN

Unit 4

COLLECTION OF BLOOD SPECIMEN
BLOOD TRANSFUSION PROCEDURE
IDENTIFICATION OF FIRST AID EQUIPMENT AND PROCEDURE
OPERATION OF OXYGEN CYLINDER

BLOCK 2

Unit 1

IDENTIFICATION & USES OF RESUSCITATION KIT
PROCEDURE OF CHEST COMPRESSION
IDENTIFICATION OF DIFFERENT TYPES OF BANDAGES

Unit 2

CARE OF SURGICAL PATIENT
CARE FOR THE PATIENT IN PAIN
HOW TO IDENTIFY & TREAT CHILDREN WHO NEED URGENT CARE

Unit 3

CARE FOR THE CHILD WITH SEVERE MALNUTRITION
CARE FOR THE CHILD WITH ACUTE RESPIRATORY INFECTION
CARE FOR CHILDREN WITH SEVERE DIARRHEA AND DEHYDRATION

UNIT 4

PROCEDURE OF CATHETERIZATION
REMOVING AN INDWELLING CATHETER
PREPARATION THE PATIENT FOR SURGERY
PREPARING THE PATIENT DISCHARGE