

**ANM 2nd YEAR**  
**MIDWIFERY**  
**COURSE PLANNING**

**PLACEMENT: ANM 2<sup>ND</sup> YEAR**

**Theory - 200 hour**

**Demonstration - 160 hours**

**Total - 360 hours**

Learning objectives:

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

1. Describe male and female reproductive organs.
2. Explain process of conception and foetal development
3. Describe female pelvis and the muscles involved in delivery of foetus.
4. Conduct normal delivery and provide care to the newborn.
5. Provide care to pregnant mother during ante, intra and post natal period at home and hospital.
6. Provide need based counselling to the mother and to her family during .. antenatal, intranatal and postnatal period.
7. Resuscitate the high risk new born baby
8. Identify high-risk pregnancies and refer them immediately for safe motherhood.
9. Identify deviation from normal labour in time and take necessary action.
10. Provide adequate care identifying abnormal puerperium.
11. Administer the drugs as per the protocols
12. Educate community for improving quality of life of the family.
13. Promote improvement in the status of women in society
14. Identify women's health problem and provide guidance and support.
15. Provide care and guidance to women with reproductive health problems.
16. Participate in reproductive health and family welfare programmes.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching learning Activities
	Th.	Demo			
1	8		<ul style="list-style-type: none"> <li>• Describe structure and functions of female reproductive system</li> <li>• Describe structure and functions of male reproductive System</li> </ul>	Human Reproductive System Female reproductive organs - structure and function <ul style="list-style-type: none"> <li>• Menstrual cycle</li> </ul> Male reproductive organs structure and functions <ul style="list-style-type: none"> <li>• Process of conception</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Explain using birth atlas, posters, models charts and slides.</li> </ul>

.	6	2	<p>Describe female pelvis and its diameters and relation to foetal skull</p> <ul style="list-style-type: none"> <li>• Explain the muscles and ligaments of the pelvic floor</li> <li>• Describe foetal</li> </ul>	<p>Female Pelvis and foetal skull</p> <p>Structure of the pelvic bones-types of pelvis</p> <ul style="list-style-type: none"> <li>• Pelvic diameters</li> <li>• Muscles and ligaments of pelvic floor</li> <li>• Foetal skull : bones,</li> </ul>	<p>Lecture discussion.</p> <ul style="list-style-type: none"> <li>• Demonstration.</li> <li>• Explain using models, charts, slides and films.</li> </ul>
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			Skull	diameters, sutures, size, shape, moulding, skull areas, fontanelles	
3.	5	5	<ul style="list-style-type: none"> <li>• Explain growth and development of foetus</li> <li>• Describe placenta, membrane and umbilical cord and their development</li> <li>• State the functions of placenta, membranes and cord.</li> </ul>	<p>Foetus and placenta</p> <p>Growth and development of foetus, foetal sac and amniotic fluid and foetal circulation and changes after birth</p> <ul style="list-style-type: none"> <li>• Structure and functions of placenta, membranes and umbilical cord and abnormalities</li> </ul> <p>Refer SBA module of Ministry of health and Family Welfare</p>	<p>Lecture discussion.</p> <ul style="list-style-type: none"> <li>• Demonstration.</li> <li>• Explain using placenta, membrane, specimens</li> <li>• Practice session</li> </ul>

4.	10	5	<ul style="list-style-type: none"> <li>• Describe signs and symptoms of normal pregnancy</li> <li>• Describe various tests for conformation of pregnancy</li> <li>• Describe physiological changes during pregnancy</li> <li>• Provide Care for minor ailments of pregnancy.</li> </ul>	<p>Normal pregnancy</p> <ul style="list-style-type: none"> <li>• Signs and symptoms of pregnancy</li> <li>• various diagnostic tests for conformation of pregnancy</li> <li>• Physiological changes during pregnancy</li> <li>• Minor ailments during pregnancy and their management</li> </ul> <p>Refer SBA module of Ministry of health and family Welfare</p>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Demonstration.</li> <li>• Explain using Models and Charts.</li> </ul>
5.	10	8	<ul style="list-style-type: none"> <li>• Provide</li> </ul>	Antenatal Care	<ul style="list-style-type: none"> <li>• Lecture</li> </ul>

			<p>antenatal care</p> <ul style="list-style-type: none"> <li>• Provide need-based information and guidance.</li> <li>• Advise diet and nutrition for the pregnant mothers</li> <li>• Identify risk factors and refer on time.</li> <li>• Prepare mother for delivery</li> </ul>	<ul style="list-style-type: none"> <li>• Registration</li> </ul> <p>Taking history of a pregnant woman.</p> <ul style="list-style-type: none"> <li>• Physical examination, Investigation - routine and specific</li> <li>• Prophylactic medications</li> </ul> <ul style="list-style-type: none"> <li>• Need based health information and guidance</li> </ul> <p>Nutrition in pregnancy Special needs of a pregnant woman. Involvement of husband and</p>	<p>discussion.</p> <ul style="list-style-type: none"> <li>• Demonstration.</li> <li>• Practice session.</li> <li>• Supervised clinical practice.</li> </ul>
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				family. Identification of high risks cases and referral Preparation of mother for delivery. Refer SBA module of Ministry of health and Family Welfare	
6.	10	8	<ul style="list-style-type: none"> <li>Identify signs and symptoms of normal labour</li> <li>Demonstrate the mechanism of labour</li> <li>Detect a normal lie and presentation of foetus.</li> <li>Identify deviation from</li> </ul>	<p>Normal Labour</p> <ul style="list-style-type: none"> <li>Onset and stages of labour, physiological changes</li> <li>Changes in Uterine muscles, and cervix Lie, attitude, position, denominator and presentation of foetus.</li> <li>Foetal skull,</li> <li>Mechanisms of labour</li> </ul> <p>Identification of high</p>	<ul style="list-style-type: none"> <li>Lecture discussion.</li> <li>Demonstration</li> <li>Witness normal delivery</li> <li>Explain using partograph.</li> </ul>

			<p>normal progress of labour</p> <ul style="list-style-type: none"> <li>Demonstrate plotting of t partograph</li> </ul>	<p>risk cases, foetal distress and maternal distress during labour</p> <p>Partograph in the management of the normal labor</p> <p>Role of ANM/Female health worker and referral</p> <p>Refer SBA module of Ministry of health and Family Welfare</p>	
7.	12	15	<ul style="list-style-type: none"> <li>Use partograph</li> </ul> <p>And perform Per Vagina examination.</p> <ul style="list-style-type: none"> <li>Assist and Conduct child birth</li> <li>Resuscitate new-Born</li> </ul>	<p>Care during normal labour</p> <ul style="list-style-type: none"> <li>History of labour</li> <li>Importance of five 'C's</li> <li>Monitoring progress of labour with partograph</li> </ul> <p>preparation for delivery</p> <ul style="list-style-type: none"> <li>Care of mother in</li> </ul>	<ul style="list-style-type: none"> <li>Lecture discussion.</li> <li>Demonstration.</li> <li>Explain using models, charts, films and slides partograph.</li> <li>Supervised clinical practice</li> <li>Practice session</li> </ul>

		<ul style="list-style-type: none"> <li>• Deliver the Placenta</li> <li>• Provide care to mother and Newborn throughout Delivery</li> <li>• Perform Necessary recordings</li> </ul>	<p>first and second stage of labour</p> <ul style="list-style-type: none"> <li>• Assist and conduct childbirth</li> <li>• Immediate care of new-born- resuscitation, apgar score, cord care</li> <li>• Oxytocin</li> </ul> <p>Misoprostol drugs: Dose, route, indication, contraindication, action, side effects precautions, role and responsibilities of</p>	<ul style="list-style-type: none"> <li>• Case study.</li> </ul>
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			<p>ANM/FHW</p> <p>Delivery of placenta and examination of placenta</p> <p>Care of mother in third and fourth stage: Recognise degrees of tear and appropriate care and referral</p> <p>Establishment of breast feeding, exclusive breast feeding</p> <p>Kangaroo mother care</p> <p>Baby friendly hospital initiative</p> <p>Record childbirth and ensure birth registration</p> <p>Refer SBA module of Ministry of health and Family Welfare</p>	
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8.	10	10	<p>Perform postnatal assessment</p> <p>Identify deviations from normal puerperium and take necessary care.</p> <ul style="list-style-type: none"> <li>• Establish breast feeding.</li> <li>• Provide need based information and counselling</li> </ul>	<p>Normal puerperium</p> <ul style="list-style-type: none"> <li>• Physiological Changes during postnatal period</li> <li>• Postnatal assessment</li> <li>• Minor ailments during puerperium and their management</li> <li>• Care of mother-diet rest, exercise, hygiene</li> <li>• Management of breast feeding.</li> <li>• Prophylactic medicines</li> <li>• Special needs of postnatal women</li> <li>• Need based health</li> </ul>	<p>Lecture discussion.</p> <ul style="list-style-type: none"> <li>• Demonstration.</li> </ul> <p>Supervised clinical practice</p>
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				<p>education.</p> <p>Refer SBA module of Ministry of health and Family Welfare</p>	
9.	10	10	<ul style="list-style-type: none"> <li>• Provide immediate care to normal new born</li> <li>• Resuscitate new born at birth</li> <li>• Identify "at risk" neonate and state measures to be taken</li> <li>• Give immunization as per routine</li> <li>• Care for new - born with common minor disorders</li> </ul>	<p>Care of New-born</p> <p>Assessment of new born for gestation age, risk status and abnormalities</p> <ul style="list-style-type: none"> <li>• Neonatal resuscitation</li> </ul> <p>Monitoring of vital signs and birth weight</p> <p>Management of normal new-born and common minor disorders.</p> <p>Exclusive Breast feeding and management</p> <ul style="list-style-type: none"> <li>• Temperature maintenance, kangaroo mother care</li> <li>• Immunization</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Demonstration.</li> <li>• Lecture discussion.</li> <li>• Demonstration.</li> </ul>

				<ul style="list-style-type: none"> <li>• Care of newborn: Jaundice, infection, respiratory problems</li> <li>• Principles of prevention of infection <ul style="list-style-type: none"> <li>• Educating mother to look after babies.</li> </ul> </li> </ul> <p>Integrate accepted practices of AYUSH Refer SBA module of Ministry of health and Family Welfare</p>	
10.	5	10	Identify a pre term / LEW baby and fulfill the special	<p>High risk New Born</p> <ul style="list-style-type: none"> <li>• Pre term / Low Birth weight babies.</li> <li>• Special needs of high</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Demonstration.</li> <li>• Explain using</li> </ul>

			<p>needs. Provide care required during special conditions in a new-born Guide in home care of a high risk new -</p>	<p>risk babies</p> <p>Care at home -referral and follow up</p> <p>Care during asphyxia, convulsions, vomiting.</p> <p>Care for thrush, cord sepsis, diarrhoea.</p> <ul style="list-style-type: none"> <li>• Implementation</li> </ul> <p>IMNCI protocol Refer SBA module of Ministry of health and Family Welfare</p>	charts.
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11.	10	3	<ul style="list-style-type: none"> <li>• Define MMR &amp; IMR</li> <li>• State the components of RCH programme •</li> </ul> <p>Explain preventive measures for safe motherhood Safe mother-hood</p>	<p>Safe mother-hood</p> <ul style="list-style-type: none"> <li>• Concept and cause of maternal mortality and morbidity</li> </ul> <p>Safe motherhood components: RCH and NRHM</p> <ul style="list-style-type: none"> <li>• Preventive measures</li> </ul> <p>Role of ANM/ Female Health worker Refer SBA module</p>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Demonstration.</li> <li>• Explain using charts.</li> </ul>
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				of Ministry of health and Family Welfare	
12.	10	5	<ul style="list-style-type: none"> <li>Identify high Risk pregnancies</li> <li>Refer them in Time</li> <li>Counsel and Involve</li> </ul>	<p>High risk pregnancies</p> <ul style="list-style-type: none"> <li>High risk pregnancies: Identification. Risk factors, decision making, and</li> </ul>	<ul style="list-style-type: none"> <li>Lecture discussion.</li> <li>Case study - 2</li> <li>Supervised clinical practice.</li> <li>Demonstration</li> </ul>

			husband and family members in high risk pregnancies	<p>management. Protocols and standing orders:</p> <ul style="list-style-type: none"> <li>Referral and follow Up</li> </ul> <p>Counselling and guidance about high risk conditions</p> <p>Involvement of husband and family</p> <p>Role of ANM/Female Health worker</p> <p>Refer SBA module of Ministry of health and Family Welfare</p>	
13	15	10	<ul style="list-style-type: none"> <li>Identify abnormalities of pregnancy in</li> </ul>	<p>Abnormalities of pregnancy</p> <ul style="list-style-type: none"> <li>Common</li> </ul>	<ul style="list-style-type: none"> <li>Lecture discussion.</li> <li>Demonstration.</li> </ul>



		<p>Time</p> <ul style="list-style-type: none"> <li>• Refer to correct place in time</li> <li>• State the diseases that can affect during pregnancy</li> </ul>	<p>abnormalities of pregnancy: hyperemesis gravidarum, leaking and bleeding per vagina</p> <ul style="list-style-type: none"> <li>• Anaemia of pregnant woman</li> <li>• Eclampsia and pre eclampsia and toxemia of pregnancy</li> <li>• Indication of premature rupture of membranes, prolonged labour, anything requiring manual intervention, UTI, puerperal sepsis.</li> <li>• Obstetrical shocks:</li> <li>• Uterine abnormalities,</li> </ul>	
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			<p>ectopic pregnancy</p> <ul style="list-style-type: none"> <li>• Diseases complication pregnancy - TB, diabetes.</li> <li>• Hypertension</li> <li>• Infections during pregnancy - RTI/ STIs malaria, HIV, AIDS</li> <li>• Rh factor</li> <li>• Standing orders and protocols</li> <li>• Role of ANM/ Female Health worker</li> <li>• Refer SBA module of Ministry of health and Family Welfare</li> </ul>	
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14.	5.	5	<ul style="list-style-type: none"> <li>Identify types of abortion</li> <li>Prepare mother for termination of pregnancy</li> <li>Counsel for safe abortion.</li> </ul>	<p><b>Abortion</b></p> <p>Types of abortion, causes of abortion</p> <ul style="list-style-type: none"> <li>• Need for safe abortion - referral</li> <li>• Complications of abortions</li> <li>• Medical termination of pregnancy</li> <li>• Care of woman who had abortion</li> <li>• Role of ANM/ Health worker Refer SBA module of Ministry of health and Family Welfare</li> </ul>	<ul style="list-style-type: none"> <li>Lecture discussion.</li> <li>• Suprarenal</li> <li>• Clinical practice</li> <li>• Observation.</li> <li>• Demonstration.</li> </ul>
15.	10	10	<ul style="list-style-type: none"> <li>Identify deviations from normal child birth and refer in time</li> <li>Provide Care to the mother in</li> </ul>	<p>Abnormal childbirth</p> <p>Common abnormalities of childbirth</p> <p>Abnormal presentations</p> <p>Abnormal uterine actions</p>	<ul style="list-style-type: none"> <li>Lecture discussion.</li> <li>• Demonstration.</li> <li>• Explain using through birth Atlas and charts.</li> <li>• Explain using</li> </ul>

			<ul style="list-style-type: none"> <li>emergency and while transferring to hospital.</li> <li>Mobilise support from the family and community.</li> </ul>	<p>Cephalo pelvic disproportion</p> <ul style="list-style-type: none"> <li>• Prolonged labour</li> </ul> <p>Identification, immediate management and referral</p> <p>. Emergency care of mother during transfer to hospital.</p> <p>Role of ANM/ Female health worker</p> <p>Refer SBA module of Ministry of health and Family Welfare</p>	<p>partograph.</p>
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16.	10	10	<ul style="list-style-type: none"> <li>• Provide emergency care at the time of haemorrhage</li> <li>Identify the cause of different PPH.</li> <li>Identify causes of complications during puerperium and render adequate care.</li> </ul>	<p>Abnormal Puerperium</p> <ul style="list-style-type: none"> <li>• Postpartum haemorrhage and its management.</li> <li>• Puerperal sepsis and its management</li> <li>• Retention of urine</li> <li>• Breast complications during lactation and</li> <li>• Psychiatric complications</li> </ul> <p>Role of ANM/Female health worker Refer SBA module of Ministry of health and Family Welfare</p>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Explain using charts through charts different types of PPH.</li> </ul>
17	5	5	Assist in various surgical intervention in the mother during labour	<p><b>Surgical Intervention</b></p> <p>Assisting in the followings:</p> <ul style="list-style-type: none"> <li>- Induction of labour and its management</li> </ul>	<p>Lecture discussion.</p> <ul style="list-style-type: none"> <li>• Demonstration</li> </ul>

			Render care to mothers pre & post operatively in surgical intervention.	<p>Forceps and Vacuum extraction</p> <p>Episiotomy and suturing</p> <ul style="list-style-type: none"> <li>- Craniotomy</li> <li>- Caesarean section</li> </ul> <p>Pre and post operative care.</p> <p>Role of ANM/ Female health worker Refer SBA module of Ministry of health and Family Welfare</p>	
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18	5	5	<p>Able to identify various medicines during child birth for mother and child.</p> <p>Understand their action and care needed for the mother.</p> <p>State the dosage of these medicines for mother and child.</p>	<p><b>Medications used in midwifery</b></p> <ul style="list-style-type: none"> <li>• Pain relieving drugs</li> <li>• Anaesthetic drugs</li> </ul> <p>For uterine contractions</p> <p>For controlling bleeding</p> <p>For preventing postnatal infection.</p> <p>For preventing eclampsia</p> <ul style="list-style-type: none"> <li>• Antibiotics</li> <li>• IV fluids</li> </ul> <p>Role of ANM/ Female health worker</p> <p>Refer SDA module of Ministry of health and Family Welfare</p>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Visit labour room.</li> <li>• Demonstration.</li> <li>• Any study any book.</li> </ul>
19.	3	-	<ul style="list-style-type: none"> <li>• Describe the concept of quality of life</li> <li>• Explain how quality of life affects life expectancy and peoples health</li> <li>• Describe role of</li> </ul>	<p>Life cycle approach</p> <p>Quality of life and life expectancy</p> <p>People's health throughout the life cycle</p> <p>Role of education economic status, social status on</p>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> </ul>

			<p>education on quality of life</p>	<p>quality of life</p> <p>Holistic approach to life.</p> <p>Refer SBA module of Ministry of health and Family Welfare</p>	
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20.	5	-	<ul style="list-style-type: none"> <li>• Explain status of women in Indian society</li> <li>• Enumerate factors affecting women status</li> <li>• Describe the importance of women's health</li> <li>• Explain the programmes for empowering women in the society.</li> </ul>	<p>Status of women and empowerment</p> <p>Status of women in society</p> <ul style="list-style-type: none"> <li>• Factors affecting status - gender bias, sex selection tests, female foeticide and infanticide sex ratio discrimination and exploitation</li> </ul> <p>Effect of tradition, culture and literacy</p> <p>Relationship between status of women and women's health.</p> <p>Effects of women's health in community : single, divorced deserted woman, widows special needs</p> <p>Laws related to women.</p> <p>Programmes for women's empowerment.</p> <p>Refer SBA module of Ministry of health and Family Welfare</p>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Demonstration.</li> <li>• Visit family of an under privileged group.</li> <li>• Group discussion.</li> </ul>
21.	10	10	<ul style="list-style-type: none"> <li>• Explain the</li> </ul>	Women's health	<ul style="list-style-type: none"> <li>• Lecture</li> </ul>

			<p>complications related to child birth.</p> <ul style="list-style-type: none"> <li>• Identify common and emergency complications and provide care</li> <li>• Take pap smear</li> </ul>	<p>problems related to childbirth</p> <ul style="list-style-type: none"> <li>- WF, RVF, prolapse and incontinence.</li> <li>• Cervical erosion and leucorrhoea</li> <li>• pruritus</li> <li>• Cancers - cervical and breast:</li> <li>• Pap smear for detection of cancer cervix</li> <li>• Tumours - fibroids</li> <li>• Menstrual disorders</li> <li>• Menopause and its implications.</li> </ul> <p>Refer SBA module of Ministry of health and Family Welfare</p>	<p>discussion.</p> <ul style="list-style-type: none"> <li>• Demonstration.</li> <li>• Case study of a women at menopause</li> </ul>
22.	6	4	<ul style="list-style-type: none"> <li>• Describe causes signs and symptoms of STI and RTI</li> <li>• Describe the treatment for the STFs and RTI</li> <li>• Education on prevention and treatment of RTI's and STIs</li> </ul>	<p>RTIs and STIs</p> <ul style="list-style-type: none"> <li>• Causes and signs and symptoms of STIs and RTIs</li> <li>• Syndromic approach for treatment</li> <li>• Referral treatment and follow up care.</li> <li>• Information, education and communication for prevention and treatment.</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Demonstration.</li> <li>• Health education.</li> <li>• Case study.</li> </ul>
23.	6	10	<p>Explain the cause, effect and prognosis of HIV/AIDS</p> <p>Counsel the HIV positive</p>	<p>HIV /AIDS</p> <ul style="list-style-type: none"> <li>• Epidemiological facts related to spread of infection</li> <li>• Methods of transmission</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Demonstration</li> <li>• Explain HIV/AIDS through charts and</li> </ul>

			<p>Persons</p> <ul style="list-style-type: none"> <li>Explain home care for HIV/AIDS patients</li> </ul>	<p>Effect on immunity and signs and symptoms</p> <p>The AIDS patient community support and home care</p> <p>Counselling: process and techniques</p> <p>Counselling of HIV / positive patients and pregnant women.</p> <p>Standard safety ' measures</p> <p>Voluntary counseling and testing center (VCTC) / Integrated counseling and testing center (ICTC) activities</p> <p>Care continuum and Anti Retro viral Therapy(ART)</p> <p>Prevention of parent to child transmission (PPTCT): prophylaxis and breast feeding guidelines</p>	<p>models.</p> <ul style="list-style-type: none"> <li>Role/play.</li> </ul>
24.	2	2	<ul style="list-style-type: none"> <li>Identify cases of infertility</li> <li>Provide counselling to infertile couples</li> <li>Refer and provide follow up care to infertility cases.</li> </ul>	<p>Infertility</p> <ul style="list-style-type: none"> <li>Classification and Causes of infertility in male and female</li> <li>Investigation and treatment</li> <li>Identification of couples, counselling, referral and follow up.</li> <li>Role of ANM/ Female Health worker</li> </ul>	<ul style="list-style-type: none"> <li>Lecture discussion.</li> <li>Demonstration.</li> <li>Explain using charts and posters.</li> <li>Case study.</li> </ul>
25.	4	3	<ul style="list-style-type: none"> <li>Explain the</li> </ul>	<p>Population</p>	<ul style="list-style-type: none"> <li>Lecture</li> </ul>

			<p>Impact of population explosion specially on health</p> <ul style="list-style-type: none"> <li>• Enumerate Birth Rate, Death Rate, Net Reproductive Rate etc.</li> <li>• Describe the scope of Family Welfare programme.</li> <li>• Discuss trends in health and family welfare programmes</li> </ul>	<p>Education</p> <ul style="list-style-type: none"> <li>• Population trends in India</li> <li>• Vital statistics birth and death rates, growth rate, NRR, fertility rate, couple protection rate, family size.</li> <li>• National family Programme trends and changes RCH-I, RCH-II programme and NRHM</li> <li>• Target free approach for TW <ul style="list-style-type: none"> <li>• Role of mass media and IEC</li> <li>• Role of ANM/ health worker</li> </ul> </li> </ul>	<p>discussion.</p> <ul style="list-style-type: none"> <li>• Visit office of DFWO <ul style="list-style-type: none"> <li>• Explain using vital statistics.</li> </ul> </li> </ul>
26.	8	5	<ul style="list-style-type: none"> <li>• Prepare eligible couple register</li> </ul> <p>Describe the different methods of contraception and their effects.</p> <p>Provide guidance to the adopters</p> <p>Provide need based counselling related to contraception.</p>	<p><b>Family welfare</b></p> <p>Identification of eligible couples and those need contraceptive methods.</p> <p>Information related to contraception and importance of choice.</p> <p>Natural and temporary methods of contraception</p> <ul style="list-style-type: none"> <li>• Permanent methods</li> </ul> <p>New methods non-plant and injectables.</p> <p>Emergency contraception</p> <p>Follow up of contraceptive users.</p> <ul style="list-style-type: none"> <li>• Counselling</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Demonstration</li> <li>• Case study.</li> </ul> <p>Health education</p>



**GLOCAL COLLEGE OF NURSING & RESEARCH CENTRE**  
**ANM 2nd YEAR**  
**HEALTH CENTER MANAGEMENT**  
**COURSE PLANNING**

**PLACEMENT: ANM 2<sup>ND</sup> YEAR**  
**Demonstration - 40 hours**  
**Total - 80 hours**

**Theory - 40 hours**

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

1. Organize sub center and clinics to carry out scheduled activities.
2. Indent and maintain necessary stock
3. Participate in the implementation of National health programs
4. Update knowledge and skills
5. Provide guidance to TEA, AWW, ASHA and other voluntary health workers.
6. Collaborate and coordinate with other health team members and agencies
7. Maintain records and reports

	Time (Hrs.)		Expected Outcomes	Contents	Teaching learning Activities
	Th.	Demo			
1	10	5	Organize and set up a sub centre Prepare a sub centre activity plan Conduct meetings Conduct clinics at sub centre. Display health messages.	<b>The sub center</b> Organization of functions and facilities of sub centre Sub centre activity plans Conduct a clinic and special programs and follow up Conducting meetings and counselling sessions. Sub centre action plan Information, education and communication • Display of messages	Lecture discussion. • Demonstration. • Visit sub centre Attend a clinic at the sub centre.
2.	4.	10	• Write indents	Maintenance of	• Lecture

			and stock position • Prepare weekly and monthly reports.	stocks Maintenance of supplies, drugs, equipment, stock, indenting. Calculation of indent as per population requirement Management information and evaluation system(MIES) Maintenance of records. Reports of sub centre.	discussion. Explain using stock register, indents etc to monthly reports of the students. Calculation of indent as per population requirement Explain the various records
3.	6	5	• Establish co-ordination with different organization working in the area. • Demonstrate good relationship with them.	Co- ordination Inter-sectoral co-ordination • Co-ordination with school teachers, ASHA, anganwadi workers, panchayat • Role of NGOs and co-ordination with government departments.	• Lecture discussion. • Visit local govt departments, NGOs and discuss their programs.
4.	10	10	• Enumerate the National Health programs • Describe the role of ANM in these programs.	Implementation of national health program National Health programs and the role of the ANM Detection, referral, treatment and follow up of cases	• Lecture discussion. • Visit a TB and a leprosy patient and observe DOTS program and MDT carried out by health

				of malaria, leprosy tuberculosis, blindness, goiter.	workers.
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5.	10	10	<ul style="list-style-type: none"> <li>• Demonstrate ability in writing reports in correct language</li> <li>• Understand the scope of her career advancement and self development</li> </ul>	<p>Update knowledge Continuing education for self development - circulars, hand-outs, meetings, journals.</p> <ul style="list-style-type: none"> <li>• Methods of self development</li> <li>• Interacting with community</li> <li>• Improving writing speaking abilities in local language and English</li> </ul>	<p>Lecture discussion.</p> <ul style="list-style-type: none"> <li>• Demonstration.</li> <li>• Role /play</li> <li>• Exercise on <ul style="list-style-type: none"> <li>- Reading</li> <li>- Summerisation</li> <li>- Comprehension</li> </ul> </li> <li>• Practice in public speaking.</li> </ul>
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***Suggested activities for Evaluation***

- Detection of tuberculosis, malaria, leprosy etc.
- Assignment on records and reports maintained at sub center.
- Peer group teaching on DOTS & MDT.
- Participation of national health programs at CHC/PHC/SC
- Assignment on organization of sub-center/clinics

## CHILD HEALTH NURSING

**Hospital** - 80 hours **Community** -  
100 hours **Total** - 180 hours

<b>Expected Competency</b>	<b>Hospital Experience</b>	<b>Community Experiences</b>
<ul style="list-style-type: none"> <li>Assess growth and development of children.</li> <li>Assess health status of children.</li> </ul>	<ul style="list-style-type: none"> <li>Assess growth and development of 10 children of different ages and record on chart.</li> <li>Assess health status of 10 sick children.</li> </ul>	<ul style="list-style-type: none"> <li>Assess growth and development of 10 children of different ages and record on chart.</li> <li>Conducts a school health clinic, assesses growth, identifies problems and refers</li> <li>Conducts health</li> </ul>
		education sessions for school children - 2 sessions. <ul style="list-style-type: none"> <li>Assess health status of 10 children</li> </ul>
Care of the sick child.	Give care to 5 children as per the IMNCI protocol Give care to 5 children each with diarrhoea and ARI. <ul style="list-style-type: none"> <li>Demonstration,</li> </ul>	Give care to 5 children as per the IMNCI protocol Give care to 5 children each with diarrhoea and ARI <ul style="list-style-type: none"> <li>Give care to children</li> </ul>
	preparation and use of ORS to parents.	with other ailments Demonstrate, preparation and use of
		ORS to parents. Identify and refer children at high risk Demonstrate home care for a child with diarrhoea
		and ARI
<ul style="list-style-type: none"> <li>Counsel mothers about feeding of infants and young child</li> </ul>	Counsel mothers about breast feeding	<ul style="list-style-type: none"> <li>Identify and counsel 2 mothers with problems related to breastfeeding.</li> <li>Demonstrate complementary food</li> </ul>
		preparation and use.

**COMMUNITY HEALTH NURSING AND HEALTH PROMOTION**

**Hospital** - 30 hours

**Community** - 280 hours

**Total**-310 hours

Expected Competency	Hospital Experience	Community Experiences
<p>Describe community structure</p> <p>Community assessment and home visiting.</p> <ul style="list-style-type: none"> <li>● Health assessment of individuals of different age groups</li> </ul>	<p>Interviewing, Physical and health need assessment of (five) persons.</p>	<p>Visit village for understanding the village mapping, physical, social and resources structure of the village.</p> <p>Conduct community need assessment</p> <ul style="list-style-type: none"> <li>● Prepare and use questionnaire for home visits and assessing health concepts, behaviours, concepts and practices of five families.</li> </ul>
<ul style="list-style-type: none"> <li>● Describe health organization and team responsibilities.</li> </ul>		<ul style="list-style-type: none"> <li>● Visit to SC/PHC/CHC and prepare a report including organization, functions and the responsibilities of team members</li> </ul> <p>Prepare the organization chart.</p>
<ul style="list-style-type: none"> <li>● Perform nutritional assessment</li> <li>● Conduct IEC activities related to nutrition</li> </ul>	<p>Identifies, assesses two patients with malnutrition</p>	<p>Group work on:</p> <ul style="list-style-type: none"> <li>● Nutrition exhibition in a school / health centre.</li> <li>● Cooking demonstration for a group of women in a village.</li> <li>● Prepare and maintain a nutrition practical book.</li> </ul>

<ul style="list-style-type: none"> <li>• Assess personal hygiene, and health education.</li> </ul>		<ul style="list-style-type: none"> <li>• Assess personal hygiene of five children in a school based on an assessment performa.</li> <li>• Conduct IEC activities related to personal hygiene</li> </ul>
<ul style="list-style-type: none"> <li>Assess environmental sanitation</li> <li>• Conduct IEC activities related to environmental sanitation</li> </ul>		<ul style="list-style-type: none"> <li>• Using a guideline each group assesses a community's environmental sanitation, organizes discussion with community and prepares plan of action.</li> <li>• Disinfects one well and one tube well or any other activity based on community needs.</li> <li>• Prepare reports.</li> </ul>
<ul style="list-style-type: none"> <li>• Assess mental health of an individual and counsel or refer.</li> </ul>		<ul style="list-style-type: none"> <li>• Assesses mental health of two persons</li> <li>• Health education</li> <li>• Referral</li> <li>• Prepare a report.</li> </ul>

## MIDWIFERY

**Hospital** - 220 hours

**Community** - 160 hours

**Total** - 380 hours

Expected Competency	Hospital Experience	Community Experiences
<ul style="list-style-type: none"> <li>• Assessment and care of normal pregnant women.</li> </ul>	<ul style="list-style-type: none"> <li>• Detecting pregnancy using pregnancy testing kit. Registration of ant- enatal mothers.</li> <li>• Pre conception counselling.</li> </ul>	<ul style="list-style-type: none"> <li>• Registration and management of vital events registers.</li> <li>Conduct antenatal examinations at home.</li> </ul>
<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Measuring the blood pressure, pulse and fetal heart rate, checking for pallor and edema and determining the fundal height, fetal lie and presentation accurately.</li> <li>• Hemoglobin estimation and testing urine for protein and sugar</li> <li>• Examine 20 antenatal women (in the hospital and community)</li> <li>• Provide IFA supplements and administer TT injection</li> <li>• to 10 women.</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in antenatal clinics in the sub center</li> <li>• Malaria testing for pregnant mothers</li> <li>• Counseling on birth preparedness, complication readiness, diet and rest, infant feeling, sex during pregnancy, domestic violence and</li> <li>• contraception.</li> </ul>
<ul style="list-style-type: none"> <li>• Conducting normal delivery.</li> <li>• Recognise different degrees of tears, give emergency care and refer.</li> </ul>	Maintain midwifery case book Conducting pelvic assessment to determine pelvic adequacy. PV examination 5 Plotting the partographs and deciding when to refer the women. Conducting 10 safe deliveries (in the hospital and community), with	<ul style="list-style-type: none"> <li>• Conduct deliveries in the community (health centers</li> <li>• preferably anc home).</li> </ul>



	<p>active management of third stage of labour, using infection prevention practices.</p> <ul style="list-style-type: none"> <li>• Assist in the suturing</li> </ul>	
<ul style="list-style-type: none"> <li>• Assessing and care of postnatal mothers and newborns</li> </ul>	<ul style="list-style-type: none"> <li>• Provide essential care of the newborn-10</li> <li>• Basic Resuscitation of the newborn-5</li> <li>• 5 episiotomies and tears.</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up of 10 postnatal mothers for 10 days \v1th at least 3 home visits.</li> <li>• Care of newborns in the home</li> </ul>
<ul style="list-style-type: none"> <li>•</li> </ul>	<p>Managing/Counseling on postpartum care and nutrition Counseling/ supporting of mothers for breast feeding and preventing/ managing breast feeding problems Counseling for Kangaroo Mother Care</p> <ul style="list-style-type: none"> <li>• Care of postnatal mothers 10 (in the hospital and community)</li> </ul> <p>Conduct health education for groups of mothers and individuals-3 each</p> <p>Follow infection prevention and biomedical waste management in the labour room and sub center.</p>	<ul style="list-style-type: none"> <li>• Conduct health education for groups of mothers and individuals-2 each.</li> <li>• Integrate accepted practices of AYUSH</li> </ul>
<ul style="list-style-type: none"> <li>• Assessing and referring</li> <li>• mothers at risk</li> </ul>	<ul style="list-style-type: none"> <li>• Identify high-risk mothers and give care</li> <li>• Prepare for caesarean sections-2</li> <li>• Observe caesarean sections-2 Observe abnormal deliveries 5</li> <li>• Prepare for MTP and observe procedure-2</li> <li>• Take care of women with abortion-2</li> <li>• Insert a urinary catheter in women</li> <li>• Preparation and administration of oxytocin drip</li> </ul>	<ul style="list-style-type: none"> <li>• Do a case study of a complicated childbirth in the village.</li> <li>• Conduct a village meeting for emergency transport of women in labour and at risk.</li> <li>• Identify and refer women with unwanted pregnancy for MTP</li> <li>• Interview any 10 women and list reasons for unsafe motherhood and abortion.</li> <li>• Identify high risk mothers 5 and newborns 5 and refer them to the higher center</li> </ul>

	<ul style="list-style-type: none"> <li>• Bimanual compression of the uterus for the management of PPH.</li> </ul> <p>Care of mother with HIV</p> <p>Digital removal of retained products of conception for incomplete abortion</p> <ul style="list-style-type: none"> <li>• Provide post abortion care.</li> </ul>	
<ul style="list-style-type: none"> <li>• Counsel eligible couples about different methods of contraception.</li> <li>• Prepare acceptors for sterilization and IUCDs</li> <li>Detection of cervical cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Counseling of mother/couples for family planning</li> </ul> <p>Prepare and assist for sterilization of 5 female and 2 male cases (in the hospital or community)</p> <p>Insertion of intra uterine devices and prescription of contraceptives</p> <p>Perform 2 IUCD insertions (in the hospital or community)</p> <ul style="list-style-type: none"> <li>• Distribute oral pills-5</li> </ul> <p>Demonstrate the use of condoms and distribute condoms-5</p> <p>Visual inspection of the cervix and taking a pap smear test-2</p>	<ul style="list-style-type: none"> <li>• Counsel eligible couples on different methods of contraception.</li> </ul> <p>Perform 2 IUCD insertions (in the hospital or community)</p> <p>Distribute oral pills-5</p> <p>Demonstrate the use of condoms and distribute condoms-5</p> <ul style="list-style-type: none"> <li>• Visual inspection of the cervix and taking a pap smear test-2</li> </ul>

**Clinical requirements to be completed during the internship period:**

In addition to practicing and gaining competency in the above mentioned skills, the students are expected to complete the following requirements during the internship period:

<ul style="list-style-type: none"> <li>• Assessment and care of normal pregnant Woman</li> </ul>	<ul style="list-style-type: none"> <li>• Examine 15 antenatal women (in the hospital and community)</li> </ul>
<ul style="list-style-type: none"> <li>• Conduct normal delivery</li> </ul>	<ul style="list-style-type: none"> <li>• Conducting pelvic assessment to</li> </ul>
<ul style="list-style-type: none"> <li>• Recognize different degrees of tears give emergency care and refer</li> </ul>	<p>determine pelvic adequacy PV examination 5</p> <ul style="list-style-type: none"> <li>• Conducting 10 safe deliveries (in the</li> </ul>

	<p>hospital and community), with active management of the third stage of labour, using infection prevention practices.</p> <ul style="list-style-type: none"> <li>• Assist in the suturing of 5 episiotomies and tears</li> </ul>
<ul style="list-style-type: none"> <li>• Assessment and care of postnatal mothers and newborns</li> </ul>	<ul style="list-style-type: none"> <li>• Provide essential care of the newborn-10</li> <li>• Basic Resuscitation of the newborn-5</li> <li>• Care of postnatal mothers 10 (in the hospital and community)</li> </ul>
<ul style="list-style-type: none"> <li>• Assessing and referring mothers at risk</li> <li>• counsel eligible couples about different methods of contraception</li> <li>• Prepare acceptors for sterilization and IUCDs</li> <li>• Detection of cervical cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Take care of women with abortion-2</li> </ul> <p>Prepare and assist for sterilization of 5 female and 2 male cases (in the hospital or community)</p> <p>Perform 3 IUCD insertions (in the hospital or community)</p> <ul style="list-style-type: none"> <li>• Distribute oral pills-5</li> </ul> <p>Demonstrate the use of condoms and distribute condoms-5</p> <ul style="list-style-type: none"> <li>• Visual inspection of cervix with Acetic acid-2</li> </ul>
<ul style="list-style-type: none"> <li>• Management of sick neonates and children (IMNCI)</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment and care of 5 sick neonates and 5 sick children as per the IMNCI protocols</li> </ul>

**GLOCAL COLLEGE OF NURSING & RESEARCH CENTRE**  
**ANM 2nd YEAR**  
**UNIT PLAN- MIDWIFERY**

**COURSE TITLE:** MIDWIFERY

**TEACHER**

**NAME:** Mr. Devendra

**UNIT NO:** 2

**TIME HOURS**

: 8hours

**UNIT TITLE:** Female Pelvis & Fetal Skull

**GENERAL OBJECTIVE:** On the completion of this unit students will be able to describe female pelvis, its diameter & relation to fetal skull, muscles of pelvic floor, fetal skull & its diameter.

S.NO	SPECIFIC OBJECTIVE	CONTENT MATTER	HOURS	TEACHING LEARNING ACTIVITY	TEACHING AIDS	EVALUATION	
1.	To describe female pelvis	Structure of the pelvic bones & types of pelvis	2hr	Lecture cum discussion	Models & board	viva	
2.	To describe its diameter	Pelvic diameters	1hr	Lecture cum discussion	Models & board	Viva	
3.	To describe it's relation to fetal skull To explain the muscles & ligaments of pelvic floor			Muscles & ligaments of pelvic floor	1hr	Lecture cum discussion	Models & board
4.	To explain fetal skull			Fetal skull: bones, diameter, sutures, size, shape, moulding, skull areas & fontanelles	2hr	Lecture cum discussion	Models & board

**GLOCAL COLLEGE OF NURSING & RESEARCH CENTRE**

**ANM 2nd YEAR**

**UNIT PLAN- HEALTH CENTER MANAGEMENT**

**COURSE TITLE:** HEALTH CENTER MANAGEMENT

**TEACHER NAME:** Ms. Jyoti

**UNIT NO:** 2

**TIME HOURS:** 4 hours

**UNIT TITLE:** Maintenance of stock

**GENERAL OBJECTIVE:** On the completion of this unit students will be able to write indent, prepare reports & records.

<b>S.NO</b>	<b>SPECIFIC OBJECTIVE</b>	<b>CONTENT MATTER</b>	<b>HOURS</b>	<b>TEACHING LEARNING ACTIVITY</b>	<b>TEACHING AIDS</b>	<b>EVALUATION</b>
1.	To write indent & stock position	<ul style="list-style-type: none"><li>• Maintenance of supplies, drugs, equipment's, stock, indenting</li><li>• Calculation of indent as per population requirement</li></ul>	2hr	Lecture cum discussion	White board	Assignment
2.	To define records & reports	<ul style="list-style-type: none"><li>• Records &amp; reports</li><li>• Maintenance of records</li><li>• Reports of subcentre</li></ul>	1hr	Lecture cum discussion	White board	Class test
3.	To prepare weekly & monthly report	Management information & evaluation system (MIES)	1hr	Lecture cum discussion	White board	Assignment