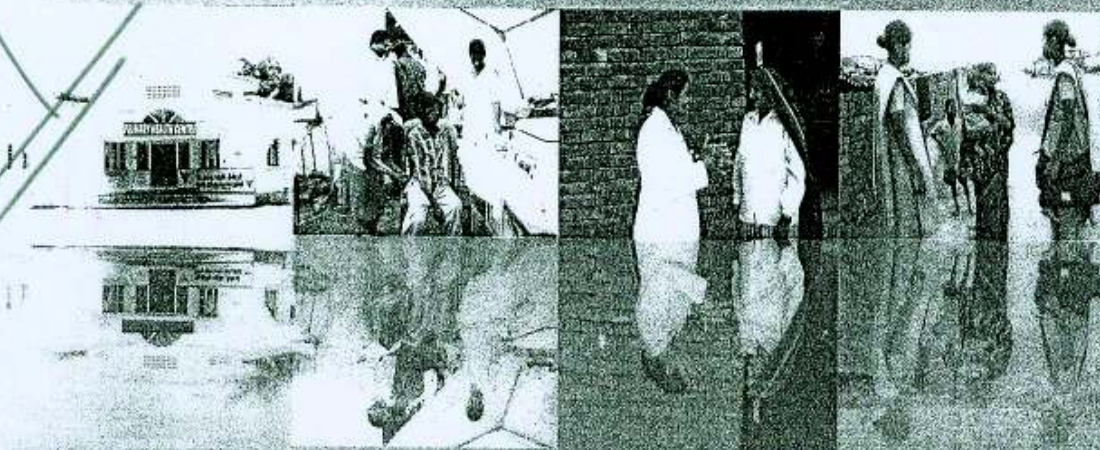


Syllabus and Regulations

Auxiliary Nurse and Midwives

2nd Yes / 2012 -



Indian Nursing Council

Combined Council Building, Kotla Road,
Temple Lane, New Delhi - 110002

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CURRICULUM PRACTICAL

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ABBREVIATIONS

AIDS	Acquired - Immuno Deficiency Syndrome
ARI	Acute Respiratory Infection
A. V.	Audio-Visual
AWW	Angan Wadi Worker
AYUSH	Ayurveda Yoga Unani Siddha and Homeopathy
BCC	Behaviour Change Communication
BCG	Bacilli Calmette - Guerin
BP	Blood Pressure
BR	Birth Rate
CBSE	Central Board of Secondary Education
CHC	Community Health Center
CMOH	Chief Medical Officer of Health
CPR	Cardio-Pulmonary Resuscitation
CS	Caesarean section
DFWO	District Family Welfare Officer
DHO	District Health Officer
DOTS	Directly Observed Therapy Short term
DPHNO	District Public Health Nursing Officer
FHS	Foetal Heart Sound
FHW	Female Health Worker
FW	Family Welfare
HIV	Human - Immuno Deficiency Virus
ICDS	Integrated Child Development Scheme
IEC	Information, Education, Communication
ILR	Ice Lined Refrigerator

IMNCI	Integrated management of neonatal and childhood illnesses
IMR	Infant Mortality Rate
IUCD	Intra Uterine Contraceptive Device
IV	Intra Venous
LBW	Low Birth Weight
MCH	Maternal Child Health
MDT	Multi Drug Therapy
MIES	Management Information Education System
MMR	Maternal Mortality Rate
MOHFW	Ministry of Health and Family Welfare
MTP	Medical Termination of Pregnancy
NGO	Non-Governmental Organization
NRR	Net Reproductive Rate
NRHM	National Rural Health mission
ORS	Oral Rehydration Solution
PHC	Primary Health Center
PPH	Post Partum Hemorrhage
PV	Per Vagina
RCH	Reproductive Child Health
Rh	Rhesus (Rh. Factor)
RTI	Reproductive Tract Infection
RVF	Recto Vaginal Fistula
SBA	Skilled Birth Attendant
STD	Sexually Transmitted Disease
TBA	Traditional Birth Attendant
TB	Tuberculosis
TPR	Temperature, Pulse, Respiration
VVF	Vesico Vaginal Fistula

Introduction

Philosophy

Health is a fundamental human right. Maintenance of optimum level of health entails individual as well as social responsibility. However health can never be adequately protected by health services without active involvement of the community.

Indian Nursing Council (INC) believes that ANM/FHW plays a vital role in the rural health care delivery system. She should be sensitive and accountable to meet the health needs of the community. She should be able to provide accessible, equitable, affordable and quality health care. ANM/FHW can act as a catalyst for promoting inter-sectoral convergence in promotive and preventive health care

ANM curriculum intends to prepare skilled and effective female health workers to achieve the goals of National Rural Health Mission which aims at bringing about dramatic improvement in the health system and health status of the country. ANM/FHW would be trained in community health skills to practice basic health care at a defined level of proficiency in accordance with local conditions and to meet local needs. Further, the programme fits into the general educational pattern as well as nursing education system

Purpose

The purpose of the ANM/FHW course is to prepare an ANM to function at the community level/village with specific skills to fulfill the health needs of the community. She will be an active link between the community and the health care system.

General objectives:

On completion of the course, the ANM/FHW will be able to:

- Appreciate the concept of holistic health and understand the influence of socioeconomic and environmental factors on the health status of the community.
- Identify health problems/needs and resources in the community and mobilize social support for active participation of the community in health care activities.

- Provide preventive, promotive, **restorative and emergency health care** to individuals and community as required.
- Provide treatment of minor ailments
- Provide skilled midwifery services to **all mothers in the community** and refer mothers at risk to hospitals.
- Provide skilled care to all neonates **in community** and refer neonates at risk to the appropriate levels.
- Render skilled child care services **at home, clinic and school.**
- Guide/Train birth attendants, **Anganwadi workers (AWWs), other** community health activists and volunteers.
- Provide need-based information and **counselling related to health** of individuals, family and groups.
- Participate in all the National **health and Family welfare** programmes at community level
- Act as a team member **in the health care delivery system.**
- Coordinate and collaborate **with the other health team members** and community based organizations, **non-govt. organizations (NGOs)** and village administration
- Manage the health centre including **equipments and supplies**, and maintain the records in order to provide **quality based people friendly services.**
- Update knowledge and skills for **professional and personal growth.**

NOTE: The competencies, guidelines and protocols as given in the following documents should form the basis of teaching

1. SBA module of MOHFW including use of selected life saving drugs and interventions of obstetric emergencies approved by the MOHFW
2. IMNCI module for basic health worker
3. Standard safety guidelines for infection control practices (Universal precautions)
4. Biomedical waste management policies

Guidelines for starting a School of Nursing for conducting ANM/FHW Training

1. Any organization under the Central Government, State Government, Local body or a Private or Public Trust, Mission or Voluntary, registered under Society Registration Act or, a Company registered under company's act that wishes to open an ANM Training School, should obtain the No Objection/Essentiality certificate from the State government.
2. If any Nursing Programme is recognised by Indian Nursing Council, then the will be institution will be exempted from NOC/Essentiality certificates for ANM from the state government.
3. The Indian Nursing Council on receipt of the proposal from the institution to start ANM training program, will undertake the **first inspection** to assess the suitability with regard to physical infrastructure, clinical facility and teaching faculty in order to give permission to start the programme.
4. After the receipt of the permission to start ANM training program from Indian Nursing Council, the institution shall obtain the approval from the State Nursing Council and Examination Board.
5. Institution will admit the students only after taking approval of State Nursing Council and Examination Board.
6. The Indian Nursing Council will conduct inspection every year till the first batch completes the programme. Permission will be given year by year till the first batch completes.

MINIMUM STANDARD REQUIREMENTS

A school for training of the ANMs should be located in a Community Health Centre (PHC annexe) or a Rural Hospital (RH) having minimum bed strength of 30 and maximum 50 and serving an area with community health programmes. The school should also be affiliated to a district hospital or a secondary care hospital in order to provide experiences of secondary level health care and an extensive gynaecological care.

An organization having a hospital with 150 beds with minimum 30-50 obstetrics and gynaecology beds, and 100 delivery cases monthly can also open ANM school. They should also have an affiliation of PHC/CHC for the community health nursing field experience.

Existing ANM schools attached to District Hospitals should have PHC annexe (accommodation facility for 20-30 students) for community health field experience.

Clinical Facilities

School has to be affiliated to district hospital or a secondary care hospital with minimum 150 beds, in order to provide adequate maternity, child care and basic medical surgical experiences. The hospital to have adequate number of trained nursing staff round the clock. Bed occupancy on the average to be between 60% - 70%.

Teaching facility

Teaching faculty for 20-40 annual admission:

Category	Minimum qualification and experience
Principal	M.Sc. Nursing with 3 years of teaching experience or B.Sc (N) with 5 years of teaching experience.
Nursing Tutor	B.Sc. Nursing/Diploma in Nursing Education & Administration/Diploma in Public Health Nursing with 2 years clinical experience.

Teacher student ratio at any time should not be less than 1:10

Note:

- There should be provision for appointing part-time teachers for subjects required.
- Salary of the teaching staff should be at par with the government as far as possible.
- Independent family accommodation should be available in or near the campus of the Hospital/CHC Rural Health Treatment Centre for 80% of the teaching staff.

Non Teaching Staff

Accountant cum cashier	-	one
Clerk cum typist	-	one
Driver	-	one
Cleaner	-	one
Office attendant	-	one
Sweeper	-	one

- There should be provision for temporary appointment of reliever in any post when required.

Staff for the hostel

Warden cum house keeper	-	one
Cook cum helper	-	three
Sweeper	-	one
Chowkidar/Security Guard	-	three

- Provision of leave reserve should be there.
- Family quarter should be provided for the warden in the hostel so that she can be residential to look after the students, and available at the time of emergency.
- Cleaning, security, mess facilities may be engaged on contractual basis

Physical Facilities

- **School building** – There should be a separate building for the school and hostel. It should have an open space to facilitate outdoor games for the students.

Office – There should be individual furnished office rooms for: Principal, Teachers, Clerical staff. A separate telephone connection for the school is necessary.

- **Class-room** – There should be two adequately large classrooms, accommodating required number of students (i.e., for 20-40 students size of the room should be 720 sq. ft.). Rooms should be well ventilated and properly lighted. There should be chairs with arms or desks according to the number required. Suitably placed black/green or white board should be available in the classrooms.
- **Nursing laboratory** – There should be a demonstration room with at least two to four beds and adequate number of cupboards with necessary articles for demonstration. Provision should be made for community, midwifery and first aid demonstration and practice.
- **Nutrition laboratory** – There should be provision for nutrition practical. Cooking gas, stove and wash basin with tap connections, suitable working tables and sufficient number of necessary utensils for conducting cooking classes should be available.
- **Library cum study** – There should be a room of adequate size in order to accommodate 40 students at a time, with sufficient number of cupboards, library books and adequate number of chairs and tables for the students. Library should have updated edition of textbooks, referral books, few professional journals and general knowledge magazines as well as storybooks etc. in sufficient numbers.
- **Audio visual aid** – School must have a TV, DVD player, an overhead projector, LCD projector, laptop for projection computer facility, models, charts, skeleton & manikin/simulators, neonatal resuscitation equipment, home visiting bags, delivery kits etc.
- **Toilets** – There should be adequate toilets facility in the school building for the students and teachers atleast in the ratio 1:10
- **Garage** – There should be a garage for the mini bus.

Residential Facilities for Students

ANM training, being a residential programme, has to have adequate hostel facilities for the students. The hostel has to accommodate 40-80 students. It has to have the following facilities:

- Safe drinking water facility should be available. All the rooms should to have

adequate number of lights and fans.

- Dinning room to accommodate forty students at a time with a hygienic kitchen, pantry and storing facility
- There should be sufficient number of living rooms, to accommodate all students, preferably not more than two in a room.
- Bathrooms and toilets sufficient in number (one for every 10 students).
- One visiting room with sitting arrangement and an attached toilet.
- One recreation room with TV, radio & indoor games.
- One sick room to accommodate 2-4 students, with toilet attached.
- Other facilities like hot water arrangement for winter and water cooler for summer should be there.
- Hostel should have telephone connections.

Budget

School should have separate budget and Principal/Principal Nursing Officer should be the drawing and disbursing officer. Budget should make provision for the following:

- Salary of Staff
- Remuneration of external lecturers
- Purchase of library books
- Cost of fuel for the school vehicle
- Purchase of audio visual aids
- Office expenses
- Water, electricity, telephone charges etc.
- Contingency
- Stipend for students (if given)
- Inspection and affiliation fees

ANM School Management committee

The school should have a management committee comprising of:

Principal/Principal Nursing Officer	- Chairperson
Nursing Tutor	- Secretary
Nursing Tutor/PHN	- Member

- District Public health Nurse/Nursing Officer - **Member**
- Nursing Superintendent/Nursing incharge of the Hospital/CHC/RH - **Member**
- Superintendent/Medical Officer incharge of Hospital/CHC/RH - **Member**

Quarterly (Once in three months) meetings to be convened regularly to monitor curriculum implementation and examinations.

- Transport**
- School must have a **20-25 seater minibus**
 - There should be **6-8 Mopeds for students** for community health nursing practice.

Communication - School must have an **independent telephone** line.

Annual Admission

Minimum students intake is 20
 Maximum students intake is 40

Duration of Course

The total duration of the course is 2 years (**18 months + 6 months** internship)

First Year :

- i. Total weeks - **52 weeks**
- ii. Vacation - **4 weeks**
- iii. Gazatted holidays - **2 weeks**
- iv. Preparatory holidays and examination - **3 weeks**
- v. Teaching hours in weeks - **43 weeks**
- vi. Teaching hours per week - **43 weeks x 40 hours/ weeks = 1720 hrs**

Second Year (including internship)

- i. Total weeks - **52 weeks**
- ii. Vacation - **4 weeks**
- iii. Gazatted holidays - **2 weeks**
- iv. Preparatory holidays and examination - **2 weeks**

- v. Teaching hours in weeks - 44 weeks
- vi. Teaching hours per week - 44 weeks x 40 hours/
weeks = **1760 hrs**

Admission Terms and Condition

1. The minimum age for admission shall be 17 years on or before 31st December of the year in which admission is sought.
2. The maximum age for admission shall be 30 years.
3. The minimum educational requirements shall be the passing of 12 years of schooling (10+2 year course) recognized by CBSE/ICSE/SSSCE/HSCE or a recognized equivalent examination.

Medical Fitness

Admission is subject to satisfactory medical examination report.

COURSE OF STUDY

First Year

Sl. No.	Nursing courses Course title and description	Class room hours			Experience		
		Theory	Demonstration	Total	Hospital	Community	Total
I	Community Health Nursing	120	50	170	10	100	110
II	Health Promotion	120	75	195	20	180	200
	A. Nutrition	35	30	65			
	B. Human body and Hygiene	35	20	55			
	C. Environmental Sanitation	20	15	35			
	D. Mental health	30	10	40			
III	Primary health care nursing I -	130	150	280	90	300	400
	A. Infection and Immunization	25	20	45			
	B. Communicable disease	40	25	65			
	C. Community Health Problems	30	50	80			
	D. Primary Medical Care	20	20	40			
	E. First Aid and Referral	25	35	60			
IV	Child health nursing	75	110	185	80	100	180
	Total hours	450	385	835	200	680	880
	Total = 1720 hours	445	✓	840	✓	✓	✓

- c. At least 80% of all the clinical requirements should be completed before appearing for the final (second year) examination.
- d. The principal of the ANM School should certify for each student that she has undergone successfully the internship program, completed 100% of the clinical requirements and acquired the requisite competencies as listed in the syllabus before the award of the certificate/diploma by the state nursing council/examination board.
- e. The casebook and competency record book should be completed and signed by the competent authority of the school before appearing for the second year practical examination.

Scheme of Examination

Theory and practical examinations at the end of the first year

Paper	Course	External Assessment	Internal Assessment	Duration
Theory Paper I	Community Health Nursing	75	25	3 hrs.
Theory Paper II	Health Promotion	75	25	3 hrs.
Theory Paper III	Primary Health Care Nursing	75	25	3 hrs
Theory Paper IV	Child Health Nursing	75	25	3 hrs
Practical I	Community Health Nursing Nursing and health promotion	100	100	-
Practical II	Child Health Nursing	100	100	-
	Total	500	300	

Grand total for first year 800 marks

Theory and practical examinations at the end of the course. (Second year)

Paper	Course	External Assessment	Internal Assessment	Duration
Theory Paper V	Midwifery	75	25	3 hrs.
Theory Paper VI	Health Centre Management	75	25	3 hrs.
Practical III	Midwifery	100	100	-
Practical IV	Primary health care nursing and health center management	100	100	3 hrs
	Total	350	250	

Grand total for second year 600 marks

Note

- Question paper for Nursing courses to be set by qualified nursing teachers only.
- The venue for practical examination shall be Government District Hospital for all the students of government and private ANM institutions.
- Practical examination should be for only 10 students per day.
- Supplementary examination should be conducted at six monthly intervals for the failures.
- Internal assessment should be done on class test, assignments, report of visits and group work. ●
- All practical examinations must be held in the respective clinical areas and on patients.
- One internal and One external examiners should jointly conduct practical examination for each student.
- An examiner should be a BSc nursing teacher with minimum of 5 years of teaching experience in ANM programme
or
M.Sc (N) with 3 years of teaching experience in ANM programme
- Internal assessment will be made on the basis of classroom tests, written assignments, performance in the community and clinical area along with records and reports maintained by the students.
- Pass mark for each nursing subject on aggregate will be 50%

- A candidate has to pass in theory and practical exam separately in each of the paper.
- Average internal marks of the total students shall not be more than 75% i.e, if 40 students are admitted in a course the average score of the 40 students shall not exceed 75% of total internal marks.
- Maximum number of attempts permitted for each paper is 3 including first attempt
- Maximum duration of completion of the course is 4 years
- A candidate failing in more than one subject will not be promoted to the next year.
- No candidate shall be permitted to appear in the second year examination unless the candidate has passed the first year examination.

Eligibility for Admission to Examination

1. A candidate must have minimum of 80% attendance (irrespective of the kind of absence) in theory and practical in each subject for appearing for examination.
2. A candidate must have 100% attendance in each of the practical areas before the award of completion certificate/diploma by the state nursing council examination board.
3. On completion of practical experience, records to be signed by the tutor and countersigned by the principal.
4. The examination for the 2nd year should happen at the end of the year. A certificate of completion of internship by each student should be provided by the principal before entering for the examinations.

Grading and Certification

Distinction shall be in aggregate	= 75%
First division	= 70% & above
Second division	= 60% - 69%
Third division	= 50% - 59%

Certificate will be issued on successful completion of training requirement. The principal of the ANM School should certify for each student that she has undergone successfully the internship program, 100% clinical requirements and acquired the requisite competencies as listed in the syllabus before the award of the certificate/diploma by the state nursing councils/examination boards. Qualified ANMs have to be registered by the State Nursing Councils under the provision of the State Nursing Councils and Indian Nursing Council Act as ANMs, before joining services as a qualified Female Health worker and to practice as ANM.

Second Year (First six months)

Sl. No.	Nursing courses Course title and description	Class room hours			Experience		
		Theory	Demonstration	Total	Hospital	Community	Total
V	Midwifery	200	160	360	220	160	380
VI	Health centre management	40	40	80	—	60	60
	Total hours	240	200	440	220	220	440

Total = 880 hours

Second Year (Internship-Six months)

Sl. No.	Nursing courses Course title and description	Experience		
		Hospital	Community	Total
i	Midwifery	240	240	480
	• Antenatal ward	40		
	• Intranatal/labour room	120		
	• Post natal ward	40		
	• Neonatal care unit	40		
ii	Child Health	80	160	240
iii	Community health and health center management		160	160
	Total hours			880

Total = 880 hours in the internship period

Grand Total-1760 hrs

Guidelines for internship:

- a. The ANM students (in a group of 4-5) should be posted in the sub center/ primary health centre with a regular ANM for one month/4 weeks for supervised independent practice in the community which should be residential..
- b. The students should participate in all National Health and Family Welfare programs during their clinical experience.

COMMUNITY HEALTH NURSING

Theory - 120 hours

Demonstration - 50 hours

Total - 170 hours

Learning objectives:

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

1. Describe the concept of community health, primary health care.
2. Understand health policies, plans and programmes of the country.
3. Understand the concept of community.
4. Appreciate the role of the health team.
5. Demonstrate home visit techniques and practices in the community
6. Describe structure, function, characteristics and administrative set up of a community.
7. Identify leaders, resources persons, community-based organizations, NGOs, and local resources.
8. Identify community health needs and problems
9. Describe concepts and methods of communication for health information.
10. Describe the purposes, principles and methods of health counseling.