



# PARAMEDICAL COUNCIL OF INDIA

DIPL  
MA IN ASSISTANT  
NURSING MIDWIFERY  
NURSING MIDWIFERY

(A.N.M.)  
(A.N.M.)

SYLLABUS  
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Ch. No.157/1, Near Laxmi Nagar, Metro Station Gate No 1, Vikas Marg, Delhi-92

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## **DIPLOMA IN ASSISTANT NURSING MIDWIFERY**

### **COURSE DURATION:-**

- It is 2 years + 6 months internship full time Diploma Course
- **ELIGIBILITY:-**
- Candidate must have passed 12th with Physics, Chemistry, Biology or Physics, Chemistry, Math's with 35% marks in Intermediate exams. (From UP board or any other recognized board).
- Candidate must have completed age of 17 years of age as on 31st December of admission year. There is no maximum age limit for the admission.

### **FIRST YEAR**

- 1) ANATOMY & PHYSIOLOGY, SOCIOLOGY, PSYCHOLOGY & FIRST AID
- 2) FUNDAMENTALS OF NURSING PHARMACOLOGY, MICROBIOLOGY
- 3) NUTRITION, FAMILY PLANNING, COMMUNICABLE DISEASES ELEMENTS OF MIDWIFERY

### **SECOND YEAR**

- 1) ANATOMY & PHYSIOLOGY
- 2) MIDWIFERY
- 3) NURSING SOCIAL & PREVENTIVE MEDICINE

### **FIRST PAPER: SYLLABUS COVERS**

### **1. ANATOMY & PHYSIOLOGY, SOCIOLOGY, PSYCHOLOGY & FIRST AID**

1. Introduction.
2. The cell.
3. The tissues.
4. Organs and system.
5. Skeletal system.
6. Joints of the skeleton.
7. Blood.
8. Lymphatic system.

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9. Cardiovascular system.
10. Respiratory system.
11. Definition of sociology and social problem.
12. How illness affect society.
13. Role of society in preventing epidermis diseases Psychology.
14. Psychology definition.
15. Psychology of sick person.
16. Needs for psychology support to sick person.
17. Care of mentally retired and insane persons.
18. Definition.
19. First aider –definition duties and responsibilities.
20. Artificial respiration, electric shock, burns, control of bleeding, unconsciousness.
21. Fracture and injuries dislocation high, fever, something gets struck in the throat.
22. Drowning, insect bite, dog bite, snake bite, food poisoning, and chemical poisoning.

### **2. FUNDAMENTALS OF NURSING PHARMACOLOGY, MICROBIOLOGY**

1. Definition of nursing.
2. Principal of nursing.
3. Development of nursing.
4. Equities of nursing profession.
5. Ethics of nursing.
6. The nurse and legislation.
7. Introduction of nursing.
8. Basic nursing care methods of the patients.
9. Hot and cold application- hot water bag, fermentation, different type of fermentation ice bag.
10. Definition drugs, Pharmacy-source of drug, form of drugs.
11. Various types of drugs –classification, advantage and disadvantage of drugs.

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12. Special points to be remembered.
13. Injection –definition, purpose of injection common dangers of injection, different routes.
14. Methods of transmission diseases.
15. Immunity definition –types.

### **3. NUTRITION, FAMILY PLANNING, COMMUNICABLE DISEASES ELEMENTS OF MIDWIFERY**

1. Definition.
2. Function of balanced diets.
3. Mal nutrition under nutrition over nutrition.
4. Requirements of food for the various age group.
5. Deficiency diseases.
6. Diet of the sick, aged, child, pre- school, pregnant and lactating mothers.
7. Nutrients and its functions and specific deficiency diseases.
8. Various methods of family planning M T P and abortion.
9. Methods of education to social group, individual teaching, group teaching, family guidance and counseling.
10. Areas of midwifery.
11. Leadership.
12. Midwifery care.
13. Midwifery ethics.
14. Nurse-midwifery care.
15. Clinical practice, leadership and management, education and research.

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## **DIPLOMA IN ASSISTANT NURSING MIDWIFERY**

### **SECOND PAPER: SYLLABUS COVERS**

#### **1. ANATOMY & PHYSIOLOGY**

1. Endocrine system- ductless glands, pituitary glands, thyroid glands, para thyroid glands, adrenal glands.
2. Urinary system- organs of urinary system function of urinary system.
3. Reproductive system- organs of reproductive system in male and female and its function.
4. Nervous system- brain main sub division and lobes, spinal cord, various sense organs.
5. Classification of drugs according to the action.
6. Drug interactions- mechanism of drug interaction minor ailments and their treatment intravenous infusion solution veins.
7. The Human Body - Definitions, sub-divisions of Anatomy, Terms of location and position, fundamental planes, vertebrate structure of man, organization of the body cells, Tissues.
8. The Skeletal System - Types of bones, structure and growth of bones, Division of the skeleton Appendicular skeleton, axial skeleton name of all the bones and their parts. Joints classification, types of movements with examples.
9. Anatomy of the respiratory System - Organs of respiratory, Larynx, trachea, bronchial tree, Respiratory portion, Pleurae and lungs, Brief knowledge of parts and position.
10. Cardio vascular system - Function of cardiovascular system, Structure of cardiovascular system, Cardiac cycle, functional tissue of heart & their function, Cardiac output, E.C.G., blood pressure, Heart Rate.

#### **2. MIDWIFERY**

1. Structure of pelvis- different between male and female pelvis.
2. Structure of uterus ovulation fertilization female.
3. The fetal skull- the ovum and the fetus abnormalities of pregnancy .
4. The mechanism of labor.
5. Antenatal and post natal exercise.

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6. Pregnancy sign and symptom.
7. Different stage of physiological change in pregnant women.
8. Abnormal pregnancy, antenatal care, abdominal examination, labor management of three stage of labor.
9. New born care, care of premature baby.
10. Baby bath, health education after delivery, examination of new born, congenital abnormalities new born.

### **3. NURSING SOCIAL & PREVENTIVE MEDICINE**

1. Important terms and definitions.
2. Health Education and Community Pharmacy.
3. Nutritional disorders: This is a topic related to social and preventive medicine.
4. Communicable and non-communicable diseases: These are topics related to social and preventive medicine.
5. Demography and Family Planning.
6. Preventive healthcare: This approach focuses on maintaining and promoting health, reducing risk factors, and diagnosing illnesses early.
7. Healthcare access: This is the ability of an individual to obtain healthcare services, which is influenced by factors such as affordability, geographical location, and quality of services.
8. Primordial prevention: This focuses on addressing the root causes and social determinants of disease to prevent the emergence of risk factors.
9. Disease prevention: This is traditionally classified into primary, secondary, and tertiary prevention levels.
10. Public health nursing: This sub-specialty of nursing focuses on prevention and the social factors that impact health, such as access to food, transportation, and education.

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## **DIPLOMA IN ASSISTANT NURSING MIDWIFERY**

### **Curriculum for Practical: - First Year & Second year**

#### **1. Admission Procedure -**

- The training holder is expected to have the knowledge and display expertise skills in the field of work like: • Filling the Admission Form • Signing the Consent Note • Taking Vital Signs.

#### **2. Basic needs of patients -**

- Vaccinate the Patients • Give Medicines to Patients • Active and Passive Exercising • Protection from Injury-Accidents and Infection and Sterilization. Elimination- Giving and Taking Bedpan and Urinals, Its Care • Demonstrate Procedures for Caring The Sick patient • Demonstrate basic nursing treatment such as: Hot Application: hot water bags, fomentation Cold Application: Ice caps, Compress and cold sponge Drug Administration: Principles of drug administration, Administration of oral drugs, Care of drugs, steam inhalation (under the supervision of professionals). – Local application: Instillation of drops, gargles, external applications Enemas: Types and Administration.

#### **3. Bed Making -**

- Prepare Various Types of Beds like General Bed, ICU Bed, Surgical Bed Etc • Identify different types of bed sheet materials • Identify various types of mattresses and pillows • Bed Making- with patient, without patient, changing linen, body posture mechanism, care of bed and linen • Various positions and positioning, lifting and moving in - and out of bed.

#### **4. Preparing Dressing Tray -**

- Collect All the Materials Needed For Dressing • Arrange the Items In Auto Calved Tray • Identify Hydrogen Peroxide, Betadine Lotion, Betadine Ointment, Soframicine Ointment, Sofra Tulle, Gauge, Cotton, Various Size Of Bandage Etc. • Identify Various Types OF SCISSORS & ITS USES.

#### **5. Autoclave the Instruments -**

- Autoclave the Instruments • Place the Instruments In The Autoclave In Proper Way Following The Guidelines Of The Hospital • Wash the Instruments After Every Use • Fold the Towels, Gowns, Patient Uniform In Proper Way.

#### **6. Fumigrate OT -**

- Define Various Methods of Fumigation in the Operation Theatre • Fumigate the Operation Theatre Following the Guidelines of the Hospital.

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### **7. Routes of Administration of Drugs -**

- Should Be Able to demonstrate and give the Medicines through Various Routes Such As 1. Oral 2. Intramuscular 3. Intravenous 4. Sub Cutaneous 5. Dermal 6. Intradermal 7. Rectal.

### **8. First Aid -**

- Identifying the Conditions For Giving First Aid & Should Be Expertise In Giving First Aid In The Following Conditions: Burns. Cuts. Abrasions (scrapes) Stings. Splinters. Sprains. Strains.

### **9. Prepare Discharge Card -**

- Prepare the Discharge Card • Enter the Discharge Summary • Collect and Arrange the Investigation Reports in the File and explain the patient for his next visit.

### **BOOK**

- 1. LAB TECH ANATOMY AND PHYSIOLOGY - BY DR. N. MURGESH**
- 2. LAB TECH COMMUNITY HEALTH - BY DR. N. MURGESH**
- 3. LAB TECH GENERAL BIOCHEMISTRY - BY DR. DINESH KUMAR SHUKLA,  
DR. N. MURGESH**
- 4. LAB TECH CLINICAL BIOCHEMISTRY - BY DR. DINESH KUMAR SHUKLA,  
DR. N. MURGESH**
- 5. LAB TECH CLINICAL PATHOLOGY - BY DR. N. MURGESH**
- 6. LAB TECH HISTOPATHOLOGY & CYTOPATHOLOGY -  
BY DR. DINESH KUMAR SHUKLA, DR. N. MURGESH**
- 7. LAB TECH HAEMATOLOGY - BY DR. DINESH KUMAR SHUKLA, DR. N. MURGESH**
- 8. LAB TECH BLOOD BANKING - BY DR. N. MURGESH**
- 9. LAB TECH MICROBIOLOGY I - BY DR. DINESH KUMAR SHUKLA, DR. N. MURGESH**
- 10. LAB TECH MICROBIOLOGY II - BY DR. DINESH KUMAR SHUKLA, DR. N. MURGESH**