

परिशिष्ट (X)  
**SYLLABUS FOR A.N.M.**

**Community Health Nursing**

Concept of Health, Community Health practices, Health problems and policies, Health Organization, Role of Health team, Structure of Community, Rural community, Dynamics of Community, Community need assessment, Community methods & Media, Counseling, Community based Rehabilitation.

**Health Promotion**

- A. **Nutrition:** Essential nutrients, Nutritional problems, Nutritional assessment, promotion of Nutrition.
- B. **Human body and Hygiene:** The Human Body, Hygiene of the Body, Optimal functioning of the Body.
- C. **Environmental Sanitation** – Environmental Sanitation, Safe water, Disposal of Excreta and Waste, Community participation.
- D. **Mental Health** – Mental Health, Maladjustment, Mental illness, Old age care.

**Primary Health Care**

- A. **Infection and Immunization** – Concept of Disease, Infection, Immunity and Body defense mechanisms, immunization, Collection of Specimen (Principles & Methods), Disinfection and Sterilization, waste Disposal.
- B. **Communicable Diseases** – Introduction to Communicable diseases, Communicable diseases, Care in Communicable diseases, Epidemic Management.
- C. **Community Health Problems** – Care of the Sick In the Community, Fever (Vital signs), Respiratory problems (Types & Classification), Aches and Pains (Nursing Management), Digestive problems, Urinary Problems, Cardiovascular problems (Signs & Symptoms), Diseases of the nervous system (Neurological problems, Metabolic diseases, Diseases of Musculo-skeletal system, care of Handicap.
- D. **Primary Medical Care** – Types of Drugs, Administration of Drugs, Drugs used in minor ailments, Common Emergency Drugs
- E. **First Aid and Referral** – Need for First Aid, Minor Injuries and Ailments, Fractures, Life threatening conditions.

**Child Health Nursing**

Growth & Development, Nutrition of Infants and Children, Children's Rights, Care of the sick child, Care of School children, School Health, Care of Adolescents, Care of Adolescent girls

**Midwifery**

Human Reproductive System, Female Pelvis and Foetal skull, Foetus and Placenta, Normal Pregnancy, Antenatal Care, Normal Labour, Care during Normal labour, Normal puerperium, Care of New-born, High risk New-Born, Safe Mother-hood, High risk Pregnancies, Abnormalities of pregnancy, Abortion, Abnormal childbirth, Abnormal puerperium, Surgical Intervention, Medications used In midwifery, Life cycle approach, Status of women and empowerment, women Health Problems, RTIs and STIs, HIV/AIDS, Infertility, Population Education, Family welfare.

**Health Centre Management**

The Sub-centre, Maintenance of Stock, Co-ordination, Implementation of National health programs, Update knowledge.