

BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL COLLEGE OF NURSING

56, Matiyari, Deva Road, Chinhat, Lucknow-226028
Ph. No. : 8756946666



DIABETES CARE

: FACILITATOR :

Mrs Kumari Nutan
M.Sc in Medical-Surgical
Nursing(Oncology)

Mr. Bhoori Singh
M.Sc in Medical-Surgical
Nursing(Oncology)

COURSE DESCRIPTION

Baba Educational Society Institute of Paramedical College of Nursing have released Diabetes care course to helps healthcare professionals to improve theoretical and practical resources to manage diabetes in an elective manner. This course will be providing professional development solutions that help enhance knowledge and day to day decision-making in healthcare. It will help in strengthening health systems and improving nursing standards, patients care and home care of diabetes patients.

Placement in the curriculum: ELECTIVE

Course Objectives

- ☞ To describe the pathophysiology, presentation, diagnosis of diabetes and its complications
- ☞ To evaluate the management options for adults newly diagnosed with diabetes
- ☞ To understand the importance of lifestyle modifications in the prevention of diabetes and its complications
- ☞ To understand the importance of and learn effective management of obesity
- ☞ To apply national and international guidelines and evidence to the practice of diabetes care in India
- ☞ To understand the use of drugs, insulin and other management options

Study Method: Contact training Programme

Duration: 20 hrs (1hr per week per semester)

No. of Credits: 1

Accrediting Institution:
**BABA EDUCATIONAL SOCIETY, INSTITUTE OF PARAMEDICAL
COLLEGE OF NURSING,**
56, Matiyari, Deva Road, Chinhat, Lucknow,
Uttar Pradesh- 226028

TABLE OF CONTENTS

- ☞ What is diabetes?
- ☞ Who gets diabetes and what causes it?
- ☞ What happens to the body in type 2 diabetes?
- ☞ The treatment of type 2 diabetes .
- ☞ Diabetes medication
- ☞ Diabetes and food choices
- ☞ Physical activity and diabetes
- ☞ What activities can I do?
- ☞ Blood glucose testing
- ☞ What is Hypoglycaemia? (Low Blood Glucose)
- ☞ How do I stay healthy with diabetes?
- ☞ How can I reduce my risk of complications?
- ☞ Foot care
- ☞ Practical experiences of living with diabetes: From diagnosis onwards
- ☞ Courses for type 2 diabetes
- ☞ Useful information and websites

SCHEDULE

Contact programme and training is provided at the campus of Baba Educational Society Institute of Paramedical College of Nursing as per module by NHS, Lothian, U.K.

EVALUATION :

And final evaluation by the end of programme includes, theory examination.

CERTIFICATION :

Those who successfully complete this training will get Certificate of Completion by Baba Educational Society Institute of Paramedical College of Nursing.

: FACILITATOR :

Mrs. Kumari Nutan
H.O.D Medical-Surgical Nursing
M.Sc in Medical-Surgical Nursing
RN & RM - U.P State Medical Faculty
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Institute of Paramedical
College of Nursing

Mr. Bhoori Singh
M.Sc in Medical-Surgical Nursing
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Institute of Paramedical
College of Nursing

Module

[https://static1.squarespace.com/static/
53b1670ee4b0be242b013ed7/t/5937a8deb8a79bb26ced0195/
1496819936004/Diabetes+Type+2+Booklet.pdf](https://static1.squarespace.com/static/53b1670ee4b0be242b013ed7/t/5937a8deb8a79bb26ced0195/1496819936004/Diabetes+Type+2+Booklet.pdf)



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KANGAROO MOTHER CARE & OPTIMAL FEEDING OF LOW BIRTH WEIGHT INFANTS

— : **FACILITATOR** : —

Mrs. Tulika Srivastava
M.Sc. in Paediatric Nursing

Mr. Om Prakash Sharma
M.Sc. in Paediatric Nursing

COURSE DESCRIPTION:

Baba educational society, Institute of Paramedical, College of Nursing organises 20 hours training programme as per Child Health Division, Ministry of Health and Family Welfare, Government of India for Carers has been developed by National Health Mission (NHM) guideline for Nurses to make 'mainstreaming' of kangaroo mother care & optimal feeding of low birth weight infants into primary healthcare a priority for healthcare systems.

- a. *An introductory program.*
- b. *20 hour training programme*
- c. *Evaluation at end of programme*
- d. *Certification*

Placement in the curriculum: ELECTIVE

COURSE OBJECTIVE:

- ☞ To present evidence based technical protocols to be observed at the health facilities for KMC and feeding of LBW infants.
- ☞ To provide operationalization of KMC and LBW feeding practices at different levels of health facilities.
- ☞ To choice of initial feeding method, progression of oral feeds, and nutritional supplementation.
- ☞ To discuss not only various protocols, but also the essential skills and monitoring involved.
- ☞ To prepared for health professionals providing care to LBW and preterm infants in health facilities.

Study Method : Contact Training Programme

Duration : 20 hrs -1hr per week per semester

Credit point - 1

Accrediting Institution:
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Uttar Pradesh- 226028

TABLE OF CONTENTS

☞ Introduction

- Definition
- Duration
- Component
- Evidence for KMC
- Benefits of KMC
- History of KMC
- Purpose of the Guidelines

☞ Kangaroo mother care implementation

- Requirement for implementing KMC
- KMC Procedure
- Discharge from hospital and follow-up

☞ Optimal feeding of low birth weight infants

- Breastfeeding
- Alternative methods of feeding
- Feeding progression
- Amount of feeding

☞ Action plan for implementation and scale-up

- KMC Roll-out Plan
- Role of programme managers
- Monitoring and evaluation

SCHEDULE

Contact programme and training is provided at the campus of Baba educational society, Institute of Paramedical, College of Nursing as per modules-

☞ Child Health Division, Ministry of Health and Family Welfare, Government of India. It is developed by National Health Mission (NHM).

EVALUATION:

And final evaluation by the end of programme includes, theory examination.

CERTIFICATE :

Those who successfully complete this training will get certificate of Completion by Baba educational society, Institute of Paramedical, College of Nursing.

_____ : **FACILITATOR :** _____

Mrs. Tulika Srivastava

H.O.D. Paediatric Nursing

M.Sc. in Paediatric Nursing

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Baba Educational Society

Institute of Paramedical

College of Nursing

Mr. Om Prakash Sharma

M.Sc. in Paediatric Nursing

RN & RM - U.P State Medical Faculty

Baba Educational Society

Institute of Paramedical

College of Nursing

Module

https://nhm.gov.in/images/pdf/programmes/child-health/guidelines/Operational_Guidelines-KMC_&_Optimal_feeding_of_Low_Birth_Weight_Infants.pdf



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PALLIATIVE CARE FOR NURSES/CARERS ADDING LIFE TO DAYS

: FACILITATOR :

Mrs Kumari Nutan
M.Sc in Medical-Surgical
Nursing(Oncology)

Mr. Bhoori Singh
M.Sc in Medical-Surgical
Nursing(Oncology)

COURSE DESCRIPTION :

Baba educational society Institute of Paramedical College of Nursing organises 20 hour training programme as per International Association for Hospice & Palliative Care (IAHPC) module and Palliative Care-A Workbook for Carers has been developed by Institute of Palliative Medicine based on WHO Guideline for Nurses to make 'mainstreaming' of palliative care into primary healthcare a priority for healthcare systems.

- a. *An introductory program.*
- b. *20 hour training programme*
- c. *Workbook filled by students*
- d. *Evaluation at end of programme*
- e. *Certification*

Placement in the curriculum: ELECTIVE

COURSE OBJECTIVE:

- ☞ To prevention, early identification, comprehensive assessment and management of physical issues, including pain
- ☞ To manage distressing symptoms, psychological distress, spiritual distress and social needs. Whenever possible, these interventions must be evidence based.
- ☞ To provides support to help patients live as fully as possible until death by facilitating effective communication, helping them and their families determine goals of care.
- ☞ To give nursing care according to the patient's needs.
- ☞ To provided in conjunction with disease modifying therapies whenever needed.
- ☞ To positively influence the course of illness.
- ☞ Intends neither to hasten nor postpone death, affirms life, and recognizes dying as a natural process.

- ☞ To provides support to the family and the caregivers during the patient's illness, and in their own bereavement.
- ☞ To delivered recognizing and respecting the cultural values and beliefs of the patient and the family.
- ☞ Ito make it applicable throughout all health care settings (place of residence and institutions) and in all levels (primary to tertiary).
- ☞ To be provided by professionals with basic palliative care training.
- ☞ To develop team work as specialist palliative care with a multi-professional team for referral of complex cases.

Study Method : Contact Training Programme

Duration : 20 hrs -1hr per week per semester

Credit point - 1

Accrediting Institution:
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TABLE OF CONTENTS

I. Principles and Practice of Palliative Care

- ☞ Definitions
- ☞ FAQs
- ☞ The need for Palliative Care
- ☞ The goals of Palliative Care
- ☞ Palliative Care and suffering: Inter professional care
- ☞ Multi disciplinary and Inter professional teams
- ☞ Principals of Palliative Care

- ☞ Communication with patients
- ☞ Advance care planning
- ☞ Models of care
- ☞ Integration of Palliative Care into Clinical Care
- ☞ Barriers to Palliative Care

II. Ethical Issues in Palliative Care

- ☞ Principles of Medical ethics
- ☞ Communication and disclosure
- ☞ Withholding and withdrawing treatments
- ☞ Artificial nutrition
- ☞ Artificial hydration
- ☞ Euthanasia and physical- assisted suicide
- ☞ Ethics in research
- ☞ Justice and resource allocation

III. Pain

- ☞ Introduction
- ☞ Types of pain
- ☞ Causes of pain
- ☞ Factors that modify the perception of pain
- ☞ Assessment of pain
- ☞ General principles of treatment
- ☞ Principles of using analgesics for chronic pain
- ☞ Non-Opioid analgesics
- ☞ Opioid analgesics
- ☞ Adjuvant analgesics
- ☞ Local anaesthetic and nerve Blocks
- ☞ Physical therapy for pain

- ☞ Psychological aspect of pain control
- ☞ Anti-cancer therapy for pain

IV. Symptom

- ☞ Breathlessness
- ☞ Cough
- ☞ Terminal respiratory congestion
- ☞ Nausea and vomiting
- ☞ Antiemetic
- ☞ Bowel obstruction
- ☞ Constipation
- ☞ Laxatives
- ☞ Anorexia
- ☞ Weight loss
- ☞ Weakness and fatigue
- ☞ Acute confusion and delirium
- ☞ Terminal restlessness

V. Psychosocial

- ☞ Psychological distress
- ☞ Depression
- ☞ Anxiety
- ☞ Spiritual and existential distress
- ☞ Caring for families and friends

VI. Organizational Aspects of Palliative

- ☞ How to start a Palliative Care service
- ☞ Regulation and accreditation in Palliative Care
- ☞ Education and training for service staff
- ☞ External education and training

- ☞ Informing people about Palliative Care
- ☞ Stress in Palliative Care

SCHEDULE

Contact programme and training is provided at the campus of Baba educational society Institute of Paramedical College of Nursing as per modules-

- ☞ International Association for Hospice & Palliative Care (IAHPC) module

EVALUATION:

And final evaluation by the end of programme includes, theory examination.

CERTIFICATE :

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: FACILITATOR :

Mrs. Kumari Nutan

H.O.D Medical-Surgical Nursing
 M.Sc in Medical-Surgical Nursing(Oncology)
 Certificate in Essentials of Palliative care (IAPC)
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Mr. Bhoori Singh

M.Sc in Medical-Surgical Nursing(Oncology)
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 College of Nursing

Module

<https://hospicecare.com/uploads/2013/9/The%20IAHPC%20Manual%20of%20Palliative%20Care%203e.pdf>



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ANTENATAL CARE AND SKILLED ATTENDANCE AT BIRTH MODULE 1 MANAGEMENT OF NORMAL PREGNANCY, LABOUR AND POST PARTUM PERIOD

: FACILITATOR :

Mrs Asha Bhandari
M.Sc in Obstetrics and
Gynaecology Nursing

Ms. Sunita Singh
M.Sc in Obstetrics and
Gynaecology Nursing

COURSE DESCRIPTION :

Baba Educational Society Institute of Paramedical College of Nursing organises 20 hour training programme as per Ministry of Health and Family Welfare, Government of India, National Rural Health Mission module guidelines.-A procedure manual with checklist for Carers has been developed by Institute based on MOHW,GOI for Nurses to make them skilled as SBA and helps them in providing quality obstetrics services thereby accelerating the reduction of maternal mortality.

- An introductory program.*
- 20 hour training programme*
- Procedure manual and Check list prepared by the students.*
- Evaluation at end of programme*
- Certification*

Placement in the curriculum: ELECTIVE

COURSE OBJECTIVE:

- ☞ To ensure universal coverage of all birth with skilled attendance both in institution and at community level.
- ☞ To provide access to emergency obstetrics and neonatal care services for women and new born.
- ☞ To provides quality essential obstetrics services to community by facilitating effective communication, helping them and their families determine goals of care.
- ☞ To give nursing care according to the patient's needs.
- ☞ To reduce the maternal mortality and morbidity by early identification and management of basic complications during pregnancy, childbirth and in post partum period.
- ☞ To positively influence the antenatal, intranatal and postnatal period.
- ☞ To provide quality based services to women and newborn in community.
- ☞ To effectively handle complications related to pregnancy and care of new born.

- ☞ To delivered recognizing and respecting the cultural values and beliefs of the patient and the family.
- ☞ To make it applicable throughout all health care settings (place of residence and institutions) and in all levels (primary to tertiary).
- ☞ To be provided by professionals with basic skilled in management of complications during pregnancy and childbirth.
- ☞ To develop team work as well as skills and acquisitions of knowledge in various technical intervention.

Study Method : Contact Training Programme

Duration : 20 hrs -1hr per week per semester

Credit point - 1

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TABLE OF CONTENTS

I. Care during pregnancy - Antenatal care.

- Introduction
- Antenatal care
- Early registration.
- Detection of pregnancy.
- Number and timing of visits.
- Seek help for early registration and antenatal check ups
- Estimate the number of pregnancy in the community.
- Keep a track of all pregnant women by name.
- Record keeping.
- Antenatal check-ups.
- Components of Antenatal Check-ups.

II. Care During Labour and Delivery-Intra partum Care.

- Introduction
- Monitoring and managing the stages of labour.
- Withholding and withdrawing treatments
- Preparing for discharge.

III Care after Delivery- Post Partum Care.

- Introduction
- Post Partum visits

SCHEDULE

Contact programme and training is provided at the campus of Baba Educational Society Institute of Paramedical College of Nursing as per modules-

- Ministry of Health and Family Welfare, Government of India. NRHM module.

EVALUATION :

Final evaluation by the end of programme includes, theory examination.

CERTIFICATE :

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: FACILITATOR :

Mrs Asha Bhandari

H.O.D Obstetrics and Gynaecology Nursing
 M.Sc in obstetrics and Gynaecology Nursing
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 Institute of Paramedical
 College of Nursing

Ms Sunita Singh

M.Sc in obstetrics and Gynaecology Nursing
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 Institute of Paramedical
 College of Nursing

Module
https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/sba_guidelines_for_skilled_attendance_at_birth.pdf

3.5 Country programme case examples

Chapter 4: Monitoring and evaluation

SCHEDULE

Contact programme and training is provided at the campus of Baba Educational Society Institute of Paramedical College of Nursing as per modules-

- ☛ Ministry's health and family planning governments India module
- ☛ Postpartum family planning-A handbooks for service provider as national rural health mission guidance

EVALUATION :

And final evaluation by the end of programme includes, theory examination.

CERTIFICATE :

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_____ : FACILITATOR : _____

Mrs Lubna
Vice principal
M.Sc in Community Health Nursing
RN & RM - U.P State Medical Faculty
Baba Educational Society
Institute of Paramedical
College of Nursing

Ms Navita Kawadkar
M.Sc in Community Health Nursing
RN & RM - U.P State Medical Faculty
Baba Educational Society
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Module

https://apps.who.int/iris/bitstream/handle/10665/93680/9789241506496_eng.pdf



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PROGRAMMING STRATEGIES FOR POSTPARTUM FAMILY PLANNING

_____ : FACILITATOR : _____

Mrs. Lubna
M.Sc. in Community Health Nursing

Ms.Navita Kawadkar
M.Sc. in Community Health Nursing

COURSE DESCRIPTION :

Baba educational society Institute of Paramedical College of Nursing organization 20 hour training programs as per World Health Organisation has been developed by Institute of Programming Strategies for Postpartum Family Planning by National Rural Health Mission Guideline for Nurses to make 'main streaming' of postpartum family planning into primary healthcare a priority for healthcare systems.

- a. *An introductory program.*
- b. *20 hour training programme*
- c. *Workbook filled by students*
- d. *Evaluation at end of programme*
- e. *Certification*

Placement in the curriculum: ELECTIVE

COURSE OBJECTIVE :

- ☞ To provide basic antenatal care
- ☞ To provide PPFp services by home based or facility based with skill birth attend.
- ☞ To reduce maternal mortality rate and infants mortality rate
- ☞ To help women to decide on the contraceptive they want to use
- ☞ To avoid unwanted pregnancy
- ☞ To bring about those woman who have an mate need to space and limit future pregnancy
- ☞ To regulate the intervals between pregnancies
- ☞ To controls the time at which birth occurs in relation to the age of the parents
- ☞ To determine the number of children in the family.
- ☞ To improve the health status of mothers and children or overall

quality of life of the whole family.

- ☞ To provide prevention of unintended pregnancy and closely spaced pregnancy through the first 12 months following child birth.

Study Method : Contact Training Programme

Duration : 20 hrs -1hr per week per semester

Credit point - 1

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TABLE OF CONTENTS

Chapter 1: Postpartum family planning and why it's needed

- 1.1 Postpartum family planning: definition and parameters
- 1.1.2 Rationale for PPFp
- 1.1.3 The unique family planning needs of postpartum women

Chapter 2: General considerations - understanding the landscape for PPFp programming

- 2.1 Review of country-level data
- 2.2 Health systems issues
- 2.3 Moving from the general to the specific

Chapter 3: Integrating PPFp across contact points - setting considerations

- 3.1 Antenatal care
- 3.2 Labour and delivery/pre-discharge
- 3.3 Postnatal care
- 3.4 Infant health and immunization services