

1. Anatomy & Physiology

Introduction:

This subject teaches the structure (anatomy) and function (physiology) of the human body. It is the foundation of all nursing practices.

Key Notes:

- Cells & Tissues – Structure of cells, types of tissues (epithelial, connective, muscular, nervous)
- Skeletal System – Bones, joints, functions of the skeleton
- Muscular System – Types of muscles (skeletal, cardiac, smooth), muscle function
- Circulatory System – Heart structure, blood vessels, blood circulation
- Respiratory System – Lungs, breathing process, gas exchange
- Digestive System – Organs and functions, digestion process

- Excretory System – Kidneys, urine formation
- Nervous System – Brain, spinal cord, neurons
- Endocrine System – Glands and hormones (pituitary, thyroid, adrenal)
- Reproductive System – Male and female anatomy, menstrual cycle

2. Microbiology

Introduction:

Microbiology deals with microorganisms and their role in health and disease, including infection control.

Key Notes:

- Classification of Microorganisms – Bacteria, viruses, fungi, protozoa

- Infection & Immunity – Types of infection, transmission, immunity types
- Sterilization & Disinfection – Methods, autoclaving, antiseptics
- Laboratory Techniques – Culture methods, staining
- Common Pathogens – Causative agents of TB, malaria, HIV, etc.

3. Psychology

Introduction:

Psychology helps understand human behavior and mental processes, useful for patient care and communication.

Key Notes:

- Definition & Scope – Importance in nursing
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Growth & Development – Stages of development (infancy to old age)

- Mental Health – Characteristics of a mentally healthy person
- Emotions & Motivation – Emotional responses, basic drives
- Learning & Memory – Types of learning, improving memory
- Personality – Types and assessment

4. Sociology

Introduction:

Sociology studies society, social behavior, and how social factors affect health.

Key Notes:

- Society & Culture – Social norms, values, customs

- Family & Marriage – Types, role in health
- Social Problems – Poverty, substance abuse, crime
- Social Organization – Community, rural/urban society
- Role of Nurses – In promoting social health

5. Fundamentals of Nursing

Introduction:

This subject includes the basic skills and principles of nursing care.

Key Notes:

- Nursing Principles – Ethics, holistic care

- Bed Making & Hygiene – Personal care of patients
- Vital Signs – Temperature, pulse, respiration, BP
- Aseptic Techniques – Infection control
- Patient Positioning – Fowler's, lithotomy, etc.
- Elimination Needs – Catheterization, enemas

6. First Aid

Introduction:

First Aid covers immediate care for injuries and emergencies.

Key Notes:

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Fractures & Wounds – Types, dressing

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Burns & Scalds – Management, degrees

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Shock – Causes, signs, treatment

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CPR – Steps, indications

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Bleeding – Control methods

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Bites & Stings – Snake bite, dog bite

7. Community Health Nursing – I

Introduction:

It focuses on health promotion and disease prevention in the community.

Key Notes:

- Concept of Health – Determinants, levels of prevention
- Health Team – Roles, multipurpose workers
- Home Visit – Steps, advantages
- Immunization – Schedule, vaccines
- Common Diseases – Diarrhea, malaria, TB

8. Environmental Hygiene

Introduction:

It deals with factors in the environment that affect human health.

Key Notes:

- Water Supply – Safe drinking water
- Sanitation – Types of latrines, waste disposal
- Pollution – Air, water, noise
- Vector Control – Mosquito, flies
- Hospital Hygiene – Disinfection, cleaning

9. Health Education & Communication Skills

Introduction:

This subject trains nurses in health promotion and communication techniques.

Key Notes:

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Health Education – Methods, principles

- Communication – Types, barriers, therapeutic
- Teaching Methods – Lecture, demo, role play
- Counseling – Techniques, stages

10. Nutrition

Introduction:

Nutrition covers dietary needs and their role in health and disease prevention.

Key Notes:

- Nutrients – Carbs, proteins, fats, vitamins, minerals
- Balanced Diet – Planning, food groups

- Malnutrition – Kwashiorkor, marasmus
- Diet for Age Groups – Children, pregnant women
- Food Safety – Hygiene, storage