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ADICHUNCHANAGIRI COLLEGE OF NURSING



ADICHUNCHANAGIRI
UNIVERSITY

**VALUE ADDED
COURSES**
2020-2021

॥ जेवो इगो द्युपपवेदर ॥



ADICHUNCHANAGIRI
UNIVERSITY



Adichunchanagiri
College of Nursing

'सा विद्या या विमुक्तये' | "sā vidyā yā vimuktaye"

Knowledge or Vidya
gives Power, Pleasure & Honor.

Both Science and Spirituality enrich us
with knowledge, which is superior
& lead us to liberation.

Liberation from Physical, Mental & External
Bonds is attained through the control of
external nature with the help of science;
while liberation from Internal Bonds is
attained through Ethics and Religion.

Sā vidyā yā vimuktaye
that which liberates is knowledge



Adichunchanagiri
College of Nursing

Vision

Achieve excellence by fostering value-based education to develop competent nurses and leaders with a global outlook.

Mission

- Provide high quality nursing education with a broad theoretical base and diverse clinical experience that enhances the individual to become a good nurse in professional practice.
- Advance health care through excellence in nursing and inter disciplinary teaching, research, practice and service.

Programme Educational Objectives

- To apply knowledge and critical thinking skills and ethical principles in evidence-based nursing practice.
- To prepare competent nursing professionals with human values to provide quality nursing care globally.
- To demonstrate effective communication, leadership and decision-making abilities and Managerial skills in providing quality nursing care in various health care settings.
- To practice promotive, preventive, curative and restorative health care services adhering to ethical values.
- To demonstrate a comprehensive and advanced understanding of nursing practice's core issues and knowledge bases.

Overview of ACU

The University is situated in a Lush Green Unitary Campus of 67 acres at B.G. Nagara, Nagamangala Tq., Mandya District, Karnataka on the Bangalore – Mangalore National Highway No. 75, [105 Kms from Bangalore, the Capital City of Karnataka].

The University consists of Nine Constituent colleges in the disciplines of Medicine, Pharmacy, Nursing, Engineering, Management, Commerce and Education. The environment-friendly campus has adequate infrastructure and physical facilities for Academics and Research. The campus possesses around 5000+ students, 400+ teachers and 1800+ support staff.

The University employs a broad range of strategies to achieve its Vision, Mission and Objectives to expand the horizon of World Knowledge, provide instruction, Teaching-Learning, Training, Research and Development at the level of Higher Education in the faculties of Health Sciences, Engineering and Technology, Management and Technology, Humanities & Social Sciences and other Emerging and Thrust areas.

Constituent Units



ADICHUNCHANAGIRI
UNIVERSITY

- ◆ Adichunchanagiri Institute of Medical Sciences
- ◆ Sri Adichunchanagiri College of Pharmacy
- ◆ Adichunchanagiri College of Nursing
- ◆ BGS Institute of Technology
- ◆ BGS College of Education
- ◆ BGS First Grade College

Vision

Education for all with Value Systems of Empathy, Enrichment, Equity, Excellence, Empowerment, Entrepreneurship & Enlightenment to Serve the Society

Mission

- Education to all for Self-Reliance, Socio-Economic Change to develop an Inclusive Society with Shared Opportunities & Responsibilities
- Empathy towards the Less Fortunate, the Sick, the Suffering & the Disabled
- Enrichment to acquire Abundant Knowledge, Requisite Skills & Appropriate Attitude
- Excellence for Quality Assurance, Enhancement & Sustenance in Academics & Research to produce Graduates of Global Standards
- Equity for Fairness & Social Justice by providing Equal Opportunities
- Empowerment of Graduates to become Intuitive, Innovative & Inventive
- Entrepreneurship is a concept or idea involving the product or service to be delivered, or a new technology to be developed
- Enlightenment to attain Wisdom & Virtues in Life to think beyond Self



Overview of ACN

Adichunchanagiri College of Nursing (ACN) was started in the year 1995 with the fore sight and vision of His Holiness Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji to prepare professional nurses in order to improve standards of nursing service through quality education. It is affiliated under Adichunchanagiri University (ACU). B G Nagara (Formerly with Rajiv Gandhi University of Health Sciences, Karnataka till 2018).

With the divine leadership and blessings of Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, the honourable chancellor of ACU. We have grown to be one among the largest nursing institution in the country and the best in the state of Karnataka, by providing value-based education in the last 27 years. The college has recognition from both apex bodies, Karnataka Nursing Council & Indian Nursing Council.

College comprises highly qualified and competent teachers, good physical infrastructure, Library facilities and most importantly students get opportunity for clinical learning in parent teaching hospital including multispecialty hospital with 1150 beds.

Nursing students do have benefit of contributions from interdisciplinary teaching faculty and ample opportunity for extra- curricular activities as university has excellent facilities for the same. We are proud to say that all our alumni's are on job in various hospitals and nursing institutes within Karnataka state and surrounding states and also various countries.



Programmes Offered

Diploma in Nursing

GNM (General Nursing and Midwifery)

Duration: 03 Years

Eligibility: PUC/10+2 Pass

Bachelor in Nursing

B. Sc Nursing

Duration: 04 Years

Eligibility: PUC/10+2 Pass in Science (PCMB only)

Post Basic B. Sc Nursing

Duration: 02 Years

Eligibility: GNM Pass

Master of Nursing

M. Sc Nursing

- » Community Health Nursing
- » Medical Surgical Nursing
- » OBG Nursing
- » Child Health (Paediatric) Nursing
- » Mental Health (Psychiatric) Nursing

Duration: 02 Years

Eligibility: B. Sc Nursing or Post Basic B. Sc Nursing Pass

Course Title :

Impact of Climate change on health

► **Placement of course :** III-Year B.Sc. Nursing

► **Course description:**

This course provides an overview of issues related to climate change and human health in the context of public health. It introduces fundamental concepts of climate change and climate change related human health impacts. This specialization is for those who wish to understand the impact of climate change on health and are committed to protecting the health of populations using the knowledge and skills they will acquire

AIMS :

The goal of this course is to enhance student awareness about issues on climate change and its impacts on human health. It teaches numerical data analyses using real-world case studies and literature research. The course hopes to build abilities to analyse causes and consequences of climate change and suggest environmentally sustainable solutions.

After completing this course, students will be able to :

1. Define climate change and describe and discuss its causes
2. Determine the consequences of climate change and suggest sustainable solutions
3. Recognize climate change effects on human health
4. Explore real-world examples through case studies.

► **Duration of the course:** 6 weeks

► **Attendance requirement:** A candidate must have 80% attendance to appear for the final exam

► **Evaluation:** Formative evaluation – group activity, assignment & presentation. Conduct of final examinations online, MCQ test for 50 marks Examination for Impact of climate change on health will be conducted by Adichunchanagiri College of Nursing.

► **Criteria for the pass:** Minimum 50% marks.

► **Award of certificate:** Candidates will be awarded the certificate by Adichunchanagiri College of Nursing.

Theory : 15 hours

I	01	Define climate change and health	Introduction to Climate Change and Health	Lecture & discussion. Charts.	MCQ's Short essays
II	04	Describe the Causes of climate change and its sources	Causes of climate change: Greenhouse gases Impacts of climate change	Lecture & discussion. Charts.	MCQ's Short essays
III	04	Explain the effects of climate change on health	Climate effects on health Climate-sensitive diseases Communicable Non communicable disease	Lecture & discussion. Charts.	MCQ's Short essays
IV	03	Describe the assessments of climate change	Adaptation and mitigation of climate change Public Health responses to climate change Future health impacts of climate change Climate change policies	Lecture & discussion. Charts.	MCQ's Short essays
V	03	Explain the Policies and management of climate changes	Health and environmental sustainability Climate change and sustainable development National and international policies	Lecture & discussion.	MCQ's Short essays

References:

1. Introduction to climate science by andreas schimttner
2. Introduction to modern climate change by Andrew desseler
3. Global warming science by Eli Tziperman
4. Textbook of Preventive and Social Medicine by Mahajan & Gupta
5. Textbook of Community Medicine by Dr Sunder Lal, Dr Adarsh and Dr Pankaj
6. K. Park, Park's Textbook of preventive and social medicine

Course Title : Respectful Maternity Care

- ▶ **Placement of course :** IV Year B.Sc. Nursing
- ▶ **Preamble:** RMC is a fundamental right of every childbearing woman. Qualified under graduates with a sound knowledge ensuring a positive outcome for mothers as well as new-borns, and aims to address health inequalities in the future

Scope & need:

Nursing is a complex and challenging profession. Nursing professionals must learn and practice multiple skills as they move to advanced level in their career. At higher level of education nurse need to apply the theoretical and evidenced based information that underpins task performance. Offering value added course is the best measure to identify the interest of graduating nurses and to equip them with essential skills.

▶ **Course objectives**

This course is designed to bring awareness raising, information sharing and motivation-building for respectful maternity care (RMC). Participants will begin to change and develop RMC attitudes in themselves, and learn how to facilitate the implementation of RMC in their workplaces and among colleagues who also provide care to women and their new-borns. This course is offered to the final year UG students.

After completing this course, students will be able to:

1. Raise awareness of common abusive and disrespectful practices and attitudes in the care of mother and new-borns
2. Understand the categories of RMC
3. Explain about abuse and disrespect of mothers and new-borns
4. Promote the need for RMC
5. Establish the rights of women in child bearing women.

▶ **Duration of the course:** 6 weeks

▶ **Attendance requirement:** A candidate must have 80% attendance to appear for the final exam

▶ **Evaluation:** Formative evaluation – group activity, assignment & presentation. Conduct of final examinations online, MCQ test for 50

marks Examination for Respectful maternity care will be conducted by Adichunchanagiri College of Nursing.

- ▶ **Criteria for the pass:** Minimum 50% marks.
- ▶ **Award of certificate:** Candidates will be awarded the certificate by Adichunchanagiri College of Nursing.
- ▶ **Date of commencement:** Academic year 2023-2024 onwards

Unit	Hours	Learning objectives	Content	Teaching learning activities	Assessment methods
I	02	Define RMC and its importance	Introduction – meaning , importance	Lecture & discussion. Charts.	MCQ's Short essays
II	05	Describe the Categories of RMC	Categories of RMC : a. Physical Abuse b. Non dignified care c. Non consented care d. Non confidential care e. Discrimination f. Withholding the care g. Detention In the facilities	Lecture & discussion. Charts.	MCQ's Short essays
III	01	Enumerate the needs of RMC	Needs of RMC for Health Care Workers	Lecture & discussion. Charts.	MCQ's Short essays
IV	02	Explain the human rights of child bearing women	Universal rights of child bearing women	Lecture & discussion. Charts.	MCQ's Short essays
V	02	Explain the	Obstetrical violence –	Lecture & discussion.	MCQ's

VI	02	Describe the Prevention and elimination of violence	Prevention and elimination of violence during childbirth	Lecture & discussion.	MCQ's Short essays
VII	01	Enumerate the Challenges and barriers To RMC	Challenges and barriers	Lecture & discussion.	MCQ's Short essays

References:

1. Dutta DC. Text book of obstetrics. 6 ed. New Delhi: Jaypee Publishers; 2018.
2. Lowdermilk A. Maternity and women's health care. 8 ed. United States of America: Mosby Publications; 1997.
3. Annamma J. A comprehensive textbook of midwifery. New Delhi: Jaypee Publishers.
4. Sharon Smith Murray, Emily Slone McKinney, Trula Myers Gorrie. Foundations of maternal & newborn nursing. 3rd ed: London, W.B .Saunders; 2002.
5. Mudaliar G, Menon K. Clinical obstetrics. 10 ed. Hyderabad: University Press private limited; 2009.
6. Shirish N Daftary, Muralidhar V Pai, Pralhad Kustagi. Manual of obstetrics. 4th ed:India, Elsevier; 2016.

Course Title : Mental Fitness

Introduction to course

The concept of mental fitness is meant to help people understand that like physical fitness, mental fitness is just as important and should not be neglected within our society. It helps people understand that just as we can improve our physical health by moving our bodies, we improve our mental health by strengthening our minds.

Placement of course : III-year B. Sc Nursing

Preamble : The value-added course of Mental Fitness in nursing is offered by Adichunchanagiri College of Nursing. The overall aim of this course is to focus on Increased mental strength, flexibility and endurance are three of the key components of mental fitness. Learning and building these mental processes can help you address the ups and downs of daily life without feeling overwhelmed. Better mental fitness may help prevent severe Anxiety.

Scope of Mental Fitness : The nature and scope of mental fitness in nursing involve providing care and support to individuals with mental health conditions and promoting their psychological well-being. Mental health nurses work with individuals, families, and communities to address mental health needs, prevent mental illness, and promote recovery.

Career opportunities: After completion of course, the students can work at any psychiatric hospitals, Rehabilitation Centers, De-addiction centers, halfway home centers, child guidance clinic.

Course objectives: This course is designed to prepare the students in expertise and in-depth understanding in the field of mental health issues and services. By doing mental fitness training, you can develop life skills to better manage your mental health including thought balancing, goal setting, mood management, etc. Mental fitness also contributes to better quality sleep.

On completion of this course student will be able to:

- ▶ Improved cognitive function
- ▶ Increased Positive Emotion
- ▶ Develop Confidence
- ▶ Increased Self Esteem
- ▶ **Attendance requirement:** A candidate must have 80% attendance to appear for the final exam.

- ▶ **Evaluation:** Formative evaluation – group activity, assignment & presentation. Conduct of final examinations online, MCQ test for 50 marks will be conducted by Adichunchanagiri College of Nursing.
- ▶ **Criteria for the pass:** Minimum 50% marks.
- ▶ **Award of Certificate:** Candidates will be awarded by Adichunchanagiri College of Nursing.
- ▶ **Duration of the course:** 5+1 weeks

Theory – 15 Hrs.

1.	04	Unit I	Mental Fitness Introduction to mental fitness Exercise for memory, attention, intelligence Physical exercise and brain
2.	06	Unit II	Nutrition for the brain everyday mental fitness Brain healthy lifestyle changes/ personal health plan
3.	05	Unit III	Benefits of Mental Fitness Activities

References:

1. A text book of Mental Health Nursing, Eighth Edition
2. Essentials of Psychiatry and Mental Health Nursing.
3. A text book of Health and Physical education.
4. Elsevier, A Text book of Psychiatric Nursing.

Course Title : Gerontological Nursing

General objectives:

Gerontology, a branch of nursing that focuses on the care of older persons, can be studied through geriatric care. The course outlines the distinct healthcare requirements of older adults and discusses nursing care strategies for meeting those need. Students can be recognized as a competent, skilled, and dedicated expert in the field of gerontology by holding a Certificate in Geriatric Care.

Specific objectives:

- ▶ Explore the significance of families and other social supports.
- ▶ Identify nursing treatments connected to a variety of health problems in older persons.
- ▶ Identify techniques related to assessment and prevention in older adults.
- ▶ Identify the specific health needs of older adults.

I	Biological changes in old age	Ageing theories Ageing process Psychosocial aspects of ageing Applied Anatomy & Physiology Age related changes	03
II	Nutrition & - Psychosocial changes	Need of dietary alteration, Energy needs of old, Formulation of diet for elderly, Diet related degenerative changes, Physical activity Psychological theories, Personality changes, Social changes, Changes in family and living arrangement, Depression, Coping with psychosocial changes of aging	07
III	Common Conditions/ diseases of elderly	Fever, Anemia, Syncope, Vertigo, Anorexia, Loss of memory, Respiratory disease, Heart disease, Kidney disease, Stroke,	07

IV	Medication of Elderly	Common drugs used in management of health problems of older persons Altered drug responsiveness in elderly, adverse drug reaction polypharmacy, Principles of drug administration in older persons, role of nurses and care of drugs	05
V	Communication Skills & IPR	Process & methods Establishing & maintaining good IPR & communication with family, staff and colleagues Multidisciplinary team & role of nurses Guidance & Counselling	03
VI	Risk and Prevention	a. old age Homes, NCD Clinic, NGO for elderly b. Health risk in old age, Smoking, alcohol, social issues, Abuse/neglect, dependency, Physical inactivity, Fall, Accident, Deafness, Low vision c. Health promotion: Nutrition Exercise, Screening, Prevention of accidents, Prevention of substance use-alcohol, drugs etc., Smoking cessation	05

References:

1. Basic Geriatric Nursing, Gloria Hoffman World, Edition 5, Illustrated Publisher Mosby 2011
2. Principle and practice of geriatric Medicine, M. S. John Pathy, Alan J. Sinclair, John E. Morley
3. Medical Surgical Nursing, Joyce M Black , 14th Edition,
4. Medical surgical nursing , Brunner and suddarths, 10th edition.

Course Title : Assertive Communication

Introduction to course :

The concept of Assertive Communication among nurses promotes effective decision making, direct and appropriate confrontation, speaking in a mutually respectful way, and the use of verbal and nonverbal behaviors that suggest confidence, warmth, and firmness.

(Placement of course : I-year B. Sc Nursing

Preamble : The value-added course of Assertive Communication has been found to effectively improve skills in communicating, realizing, and expressing negative and positive feelings.

Scope of Assertive Communication : Assertive communication is a key skill for nurses, especially when it comes to giving and receiving constructive feedback, improving performance, resolving conflicts, and building trust among colleagues and patients.

Career opportunities: After completion of course, the students can work at any hospitals, Rehabilitation Centers, De-addiction centers, halfway home centers, child guidance clinic.

Course objectives: Assertiveness can help you express yourself effectively and stand up for your point of view. It can also help you do this while respecting the rights and beliefs of others. Being assertive can also help boost your self-esteem and earn others' respect. This can help with stress management.

On completion of this course student will be able to :

- ▶ Foster and maintain healthy relationship
- ▶ Reduces stress among nurses
- ▶ Earn respect from others
- ▶ Improve decision making skills.
- ▶ Create honest relationship
- ▶ **Attendance requirement:** A candidate must have 80% attendance to appear for the final exam.
- ▶ **Evaluation:** Formative evaluation – group activity, assignment & presentation. Conduct of final examinations online, MCQ test for 50 marks will be conducted by Adichunchanagiri College of Nursing.
- ▶ **Criteria for the pass:** Minimum 50% marks.? Award of Certificate: Candidates will be awarded by Adichunchanagiri College of Nursing.
- ▶ **Duration of the course:** 5+1 weeks

Theory – 15 Hrs.

1.	15	Unit I	Introduction of Assertive Communication Definition of Assertive Communication Basic Human Rights Components of assertive communication in Nursing Behavioral components of assertive Behavior Importance of Assertive Communication Technique of assertive Behavior Implication of Assertive Communication in Nursing Profession

References:

1. A text book of Mental Health Nursing Mary C Townsend
2. Essentials of Psychiatry and Mental Health Nursing.
3. A text book of Health and Physical education.
4. Elsevier, A Text book of Psychiatric Nursing.