



NIMS UNIVERSITY

SYLLABUS

OF

POST GRADUATE DIPLOMA IN MATERNAL & CHILD
HEALTH – PGDMCH

VERSION 1.2

DIRECTORATE OF DISTANCE EDUCATION

Shobha Nagar, Jaipur-Delhi Highway (NH-11C), Jaipur- 303121
Rajasthan, India

POST GRADUATE DIPLOMA IN MATERNAL & CHILD HEALTH – PGDMCH

Eligibility	:	MBBS
Programme Duration	:	1 Year
Programme Objective	:	Our unique PG Diploma provides an opportunity to medical personnel and private practitioners for upgrading their knowledge and skills in Maternal and Child Health (MCH) for providing better quality of MCH services. The programme covers the concepts, practices and application for knowledge in the field of MCH services and aims at improving the knowledge and skills of medical personnel working both in the governmental health care delivery system and the private sector.
Job Prospects	:	After the completion of PGDMCH, you will find a challenging career in a hospital and healthcare industry. Common job profiles of students after completing PGDMCH include: Medical and Health Services Managers, Hospital Administrator, Manager, Senior Manager, Hospitals and other Senior Leadership Positions.

YEAR I

Course Code	Course Title	Theory/ Practical	Continuous Assessment (Internals)	Credits
MCH15101	Preventive MCH	70	30	6
MCH15102	Reproductive Health	70	30	6
MCH15103	Child Health	70	30	6
MCH15103P	Child Health Practicals	35	15	2
MCH15101P	Preventive MCH Practicals	35	15	2
MCH15102P	Reproductive Health Practicals	35	15	2
PRJ15101	Project	200		4
			Total	28

DETAILED SYLLABUS

INSTRUCTIONAL METHOD: Personal contact programmes, Lectures (virtual and in-person), Assignments, Labs and Discussions, Learning projects, Industrial Training Programmes and Dissertation.

YEAR I

PREVENTIVE MCH - MCH15101

UNIT	CONTENTS
1	<p>Rationale And Goals Of MCH Care: Brief History of MCH Care Rationale of MCH Care- Special Nature of the Group, Mother and Child as One Unit, MCH Problems, At Risk Approach for MCH</p> <p>MCH Care Package- MCH Care for Mothers, MCH Care for Children Goals and Objectives of MCH Care</p>
2	<p>Levels Of Prevention In MCH Care: Natural History of Disease Levels of Prevention- Primordial Prevention, Primary Prevention, Secondary Prevention, Tertiary Prevention Application of Levels and Prevention in MCH Care</p>
3	<p>Environmental Determinants In MCH Care: Environment- Physical, Biological, Socio-cultural Socio-cultural Determinants of Maternal Health- Antenatal Period, Natal Period, Postnatal Period, Fertility Control, Maternal Mortality</p> <p>Socio-cultural Determinants of Child Health- Foetal Period, Child Birth, Postnatal Period, Preschool Period, Infant Mortality</p> <p>Socio-cultural Determinants of Nutrition- Foods for Pregnant Women, Foods during Infancy and Childhood, Foods during Adolescence Period, The Concept of Hot and Cold Food, Foods during Illness and Disease, Combination of Foods</p> <p>Improvement of Socio-cultural Environment- Individual Level, Family Level, Community Level</p>
4	<p>Health Needs Of Mother And Child: Major Health and Nutritional Needs Maternal Mortality- The Pathway to Survival, Elements of Essential Obstetric Care, Four Basic Models on Organizing Delivery Care</p> <p>Infant Mortality-</p>

	<p>Causes of Infant Mortality, Neonatal Mortality</p> <p>Nutrition Needs- Consequences of Malnutrition, The Power of Good Nutrition, Causes of Malnutrition, The Baby Friendly Hospital Initiative</p>
5	<p>Adolescent Health: Adolescents as a Special Group- What is so Special?, Determinant Factors of Health Problems Specific to Adolescents, Needs and Rights of Adolescents</p> <p>Issues Related to Adolescent Body- Basic Physiological and Psychological Perspective, Adolescent Body Image</p> <p>Medical and Behavioural Problems During Adolescence Prevention and Management of Health Problems</p> <p>Addressing Adolescent Health in India- Challenges in Perspective Present Efforts in India Relevance of a National Strategy</p>
6	<p>Status Of Maternal And Child Health Services In India: Genesis and Evolution of Maternal and Child Health (MCH) Services in India- Genesis Policies and Strategies During Different Plan Periods Progress and Achievements</p> <p>Organisation of MCH Services- Rural Areas, Urban Areas</p> <p>Recent Strategies in Reproductive and Child Health (RCH)- Rural Health Infrastructure—Norms and Achievements, Current Status of Rural Health Infrastructure, Current Status of MCH Indicators at National Level</p>
7	<p>Organizational Set Up For MCH Care: Organizational Set Up- At the Central Level, At the State Level, At the Regional/Divisional Level, At the District Level, At the Block Level, At the Primary Health Centre Level, At the Sub Centre Level, At the Village Level, In Urban Settings</p> <p>Role of Non-Governmental Organisations- Functioning of Non-Governmental Organisations, Important Non-Governmental Organisations, Coordination of NGOs with Government</p> <p>Role of Indigenous Medical Practitioners (IMPs) in providing MCH Care Role of International Organisations.</p>
8	<p>MCH Related Schemes And Programmes: Integrated Child Development Services (ICDS)- The Package of Services, Types of Beneficiaries, Organisation of ICDS, Service Delivery System, Services, Adolescent Girls in ICDS, Monitoring and Evaluation in ICDS</p> <p>Minimum Needs Programme and 20-Point Programme-</p>

	<p>Dais Training Programme in India, Community Health Workers Scheme of India, Female Health Workers/ANMs Training Programme, Training of Male Multipurpose Workers, Training of Male Multipurpose Worker (New), Female Health Assistants Training Programme</p> <p>Community Nutrition Programmes- Vitamin A Prophylaxis Programme, Prophylaxis against Nutritional Anaemia, Control of Iodine Deficiency Disorders, Special Nutrition Programme.</p>
9	<p>Reproductive And Child Health Programme: Evolution of the RCH Programme- Transition from MCH and FP to Family Welfare and CSSM Programme Need for Holistic Approach towards Women's Development International Conference on Population and Development (ICPD) and Programme of Action (POA) India's Commitment towards ICPD, POA and Launching of RCH Programme</p> <p>Objectives of RCH Programme</p> <p>Paradigm Shift in the RCH Programme- Target-free Programme Based on Community Needs Assessment, Decentralised Participatory Planning, Integrated RCH Package, State/District Specific RCH Strategy, Greater Emphasis on Quality of Care, Comprehensive Integrated Training with District as Coordinator, Involvement of the Panchayati Raj System, Increased Involvement of NGOs and Private and Corporate Sector, Area Specific IEC Campaigns, Gender Concerns, Increased Male Participation in the Programme</p> <p>Components and Packages of Services under RCH Programme- Recommended Package of Services under RCH Programme, Programme Interventions, Safe Motherhood Components, Child Survival Components, Safe Abortion Services, Contraceptive Services for the Eligible Couples, Prevention and Management of RTIs and STIs, Adolescent Health Services, Special Care Components—Cancer and Infertility Services</p> <p>Organisational and Infrastructural Facilities for Implementation of RCH Programme- Organisational Set-up for Delivery of RCH Programme, Special Facilities and Projects under RCH Programme, RCH Care in 10th Five-Year Plan, Role of Hospitals in Implementation of RCH Programme</p> <p>Managerial Dimensions of RCH Programme- Community Needs Assessment Based Decentralised Planning, Human Resource Development and Capacity Building, Management of Material Resources, Funding and Reimbursement Procedures under RCH Programme, Management Information System (MIS), Monitoring of RCH Programme, Partnership Development —Intersectoral Cooperation and Involvement of NGOs Improving Quality of Services</p>
10	<p>Basics Of Epidemiology Definition of Epidemiology</p> <p>Basic Epidemiological Principles and Concepts- Natural History of Disease, Epidemiological Triad, Spectrum of Disease and Iceberg</p>

	<p>Phenomenon, Risk Approach in Health Care, Levels of Prevention and Modes of Intervention</p> <p>Epidemiological Methods</p> <p>Screening</p> <p>Epidemiological Surveillance-</p> <p>Definition of Surveillance, Purpose of Surveillance, Methods of Surveillance</p>
11	<p>Applied Statistics In MCH:</p> <p>Sampling-</p> <p>Methods of Sampling, Sample Size</p> <p>Diagrammatic and Graphic Presentation of Data</p> <p>Measures of Central Tendency-</p> <p>Arithmetic Mean, Median, Mode</p> <p>Measures of Dispersion</p> <p>Types of Distribution</p> <p>Tests of Significance</p> <p>Qualitative Research</p>
12	<p>Indicators Of RCH:</p> <p>Global Concern</p> <p>Key Issues in Selection of Indicators</p> <p>Indicators of RCH-</p> <p>Indicators for Global Use</p> <p>Commonly Used Indicators</p> <p>Managerial Indicators of RCH-</p> <p>Indicators of Antenatal Care, Safe Delivery Indicators, Postnatal Care Indicators, Family Planning Indicators</p>
13	<p>Vaccine Preventable Diseases:</p> <p>Objectives, Introduction</p> <p>Tuberculosis-</p> <p>Epidemiology, Prevention</p> <p>Diphtheria-</p> <p>Epidemiology, Prevention</p> <p>Pertussis-</p> <p>Epidemiology, Prevention</p> <p>Tetanus-</p> <p>Epidemiology, Prevention</p> <p>Poliomyelitis-</p> <p>Epidemiology, Prevention</p> <p>Measles (Rubeola)-</p> <p>Epidemiology, Management</p> <p>Hepatitis-B-</p> <p>Epidemiology, Prevention</p> <p>National Immunization Schedule</p> <p>Issues Related to Vaccination</p>
14	<p>Investigation of an Outbreak:</p> <p>Objectives, Introduction, Steps of Investigation of an Outbreak, Ensure the Existence of Outbreak, Confirm Diagnosis, Estimate the Number of Cases, Orient the Data in Terms of Time, Place and Person, Determine Who is 'At Risk' of Contracting the Disease, Develop an Explanatory Hypothesis, Compare the Hypothesis with the Established Facts, Plan a</p>

	More Systematic Study, Prepare a Written Report, Proposed Measures for Control and Prevention
15	<p>Communication Process: Concept of Communication- Definition and Purpose of Communication, Practices in Communication, Evolution in Communication, Types of Communication</p> <p>Elements of Communication Process- The Source, The Message, The Channel, Receiver or Target Audience, Feedback, Adoption Process</p> <p>Effects of Communication Process Planning, Implementation and Evaluation of Communication Programme for RCH- Communication Needs Assessment (CNA) Matrix of Communication for Behaviour Change</p> <p>Evaluation of Communication Efforts National Communication Strategy for Reproductive and Child Health (RCH)- Goal, Changes in Strategy Direction, Components of the New Framework, Responsibilities at Various Levels, The RCH Communication Challenge, Matrix of Behaviour Change Objectives.</p>
16	<p>Counselling In RCH Programme: Concept of Counselling Elements of Counselling- Greeting, Asking, Telling, Helping, Explaining, Return Counselling Skills- Active Listening, Check Your Counselling Skills, Factors that Help/Hinder in Counselling, Techniques of Counselling</p> <p>Special Groups and Area for Counselling- Adolescents, Model for Informed Choices, Counselling Model for IUD Contraception, Counselling for HIV/AIDS Model.</p>
17	<p>Community Participation: Concept of Active Community Participation Definition of Community and Community Participation Resources of Community Observed Pattern of Community Participation in RCH/MCH Programme</p> <p>Involvement of Community in CNA- Preparation of the Sub-centre Action Plan, Decentralized Planning and Programme Implementation, Successful Indian Examples of Community Participation</p> <p>Community Needs Assessment- Steps in Operationalization of Community Participation, Participatory Learning and Action, Areas of Responsibility, Community Participation in Urban Slums, Factors which Promote Community Involvement and Participation</p> <p>Social Marketing in Health- Definition, Objectives of the Social Marketing Programme, Strategic Themes, Need for the Formal Strategy, Vision Statement, Planning Social Marketing Programme (SMP),</p>

	Achievement of Social Marketing Programme in India.
18	<p>National Policies Related To Health: National Health Policy, 2002- Objectives of National Health Policy, Current Scenario and Policy Prescriptions</p> <p>National Population Policy, 2000- Objectives of the National Population Policy, Strategic Themes, Recommendations</p> <p>National Nutrition Policy, 1993- Need for a Nutrition Policy within the Development Context, The Nutritional Status of India, Nutrition Policy Instruments, Administration and Monitoring</p>
19	<p>Women Empowerment and Rights Of Child: Women Empowerment- Gender, Poverty and Health, Gender Sensitivity, Global Initiatives to Improve the Status of Women, Women Empowerment in India, Status of Women in India</p> <p>Rights of Child- International Initiative, Types of Rights, Provisions of Child Rights in India, Status of Child Rights in India</p>
20	<p>Legislations Relevant to MCH And Social Security: Health Legislations Relevant to MCH- The Child Marriage Restraint Act, 1929, The Factories Act, 1948, The Employees State Insurance (ESI) Act, 1948, The Plantation Labour Act, 1951, The Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954, The Immoral Traffic (Prevention) Act, 1956, The Maternity Benefit Act, 1961, The Dowry Prohibition Act, 1961, The Registration of Births and Deaths Act, 1969, The Medical Termination of Pregnancy (MTP) Act, 1971, The Consumer Protection Act, 1986, The Juvenile Justice Act, 1986, The Child Labour (Prohibition and Regulation) Act, 1986, The Infant Milk Substitutes (IMS), Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992, The Prenatal Diagnostic Techniques (Regulation and Prevention of Misuse) Act, 1994</p> <p>Social Security- Definition, Approaches: Social Assistance, Insurance and Defense</p>
21	<p>Concepts And Principles Of Management: Objectives, Introduction, Concepts of Management Functions, Principles and Theories of Management- Management Functions, Organisation Principles, Theories of Management</p> <p>Planning Health Sector Activities- Assessment of Community Health Needs, Reviewing of Resources, Matching Health Care Activities to Resources</p> <p>Programme Implementation, Leadership, Supervision and Team Building, Problem Solving, Motivation and Communication</p> <p>Monitoring and Evaluation- Monitoring, Evaluation, Surveillance, Management Information System</p>
22	<p>Human Resource Management: Objectives, Introduction</p>

	<p>Human Resource Management- Concept and Scope, Policies and Practices of Human Resource Management in Health Services</p> <p>Motivating and Supporting- Motivation, Communicating and Counselling the Employees, Supportive Supervision, Role of Health Managers in Human Resource Management</p> <p>Supervision- Definition and Scope of Supervision, Present Status and Needs of Supervision, Role of Supervisors, Organizational Framework of Supervision in Primary Health Care, Essentials of Supervision, Methods of Supervision, Plan of Action After Supervision, Check-list as Tools of Supervision</p>
23	<p>Materials Management: Objectives, Introduction Concepts about Materials Management- Definitions, Need, Importance Components of Materials Management- Selection of Store Items, Forecasting or Estimating Demand</p> <p>Purchasing Methods, Storage Facilities, Inventory Management of Materials, Procedure for Issue, Maintenance, Repair and Condemnation of Equipment, Let Us Sum Up</p>
24	<p>Finance And Time Management: Objectives, Introduction, Management of Time- Time Utilization Study, Identification of Wasted Time Periods, Reasons Behind Wastage of Time, Possible Remedial Measures</p> <p>The Financial System- Budgeting Process in the Health, Spending Invisible Money, Spending Visible Money</p> <p>Community and Local Resources- Obstacles to Community Participation, Ensuring Community Participation</p>
25	<p>Evaluation In MCH And Family Welfare: Objectives, Introduction Evaluation- Definition and Concept of Evaluation, Need for Evaluation of Health Programmes</p> <p>Process of Evaluation- Types of Evaluation, Distinction between Evaluation and Monitoring, Steps in the Process of Evaluation</p> <p>Participatory Learning for Action (PLA)- History, Advantage of PLA, Information Collection, Participatory Factors, Participatory Methods, Factors Discouraging Community Participation, Factors Encouraging Community Participation</p> <p>Evaluation of MCH and FW Services- Indicators Useful in the Evaluation of MCH and FW, Interpretation of Indicators, Evaluation of National Child Survival and Safe Motherhood Programme Using Coverage Evaluation Survey Technique</p>

26	<p>Management Information System: Objectives, Introduction Management Information System in MCH- Sources of Information, Steps in Designing the MIS for a Health Programme</p> <p>Role of MIS in Planning and Monitoring MCH Programme- Assess Your Information Needs, MCH Service Coverage Information, Assessing Health Workers' Activities, Surveillance System</p> <p>Management Information System and Monitoring the MCH Programme\</p> <p>Evaluating Quality of Services and Management for MCH Care- Know the Quality of Your MCH Services, Know Quality of Your Management Services</p> <p>MCH Management, Costs and Sustainability- Know the Cost of Your Programme, Know How to Sustain Your MCH Programme, Existing MIS in MCH (CSSM/RCH) Computers in MIS</p>
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LEARNING SOURCE: Self Learning Materials

ADDITIONAL READINGS:

- A. Maternal and Child Health: Programs, Problems, and Policy in Public Health By Kotch, Jonathan B Kotch, M.D.
- B. Pediatric Nursing by Parul Datta By Jaypee Brothers, Medical Publishers

REPRODUCTIVE HEALTH – MCH15102

UNIT	CONTENTS
1	<p>Diagnosis of Pregnancy and Antenatal Care: Objectives, Introduction, Antenatal Care Initial Comprehensive Evaluation- Diagnosis of Pregnancy, History, Physical Examination, Assessment of Gestational Age, Instructions Health Education Follow-up of Antenatal Care Drug Prescription during Pregnancy- Teratogenesis, Guidelines for Drug Administration for Common Conditions</p>
2	<p>Maternal Nutrition In Pregnancy And Lactation: Objectives, Introduction Nutrition during Pregnancy- Nutritional Requirements During Pregnancy, Dietary Intake, Nutritional Status and Outcome of Pregnancy, Factors Associated with Deterioration in Maternal Nutritional Status, Dietary Intake, Physical Work and Nutritional Status, Nutrition and Health Consequences of Adolescent Pregnancies, Effect of Food Supplementation During Pregnancy</p>

	<p>Nutrition During Lactation- Nutritional Requirements During Lactation, Nutrition and Health Consequences of Conception During Lactation</p> <p>Nutritional Status and Reproductive Performance of Women Gainfully Employed Outside Home Contraception and Nutrition Nutrition-infection Interactions Emerging Problem of Over eating and Obesity Prevention and Management of Micronutrient Deficiencies</p>
3	<p>Anaemia in Pregnancy: Objectives, Introduction, Definition, Degrees and Prevalence of Anaemia, Classifications of Anaemia</p> <p>Nutritional Anaemias- What is Nutritional Anaemia?, Iron Deficiency Anaemia, Folate Deficiency Anaemia, Vitamin B12 Deficiency Anaemia</p> <p>Anaemia due to Parasitic Infestation, Anaemia Due to Halmoglobinopathies, Consequences of Anaemia, Diagnosis and Assessment of Anaemia</p> <p>Treatment and Control of Anaemia- Treatment of Nutritional Deficiency Anaemia, Treatment of Anaemia due to Parasitic Infestation, Treatment of Complications, Efforts by Government of India to Control Anaemia.</p>
4	<p>Medical Disorders Complicating Pregnancy: Objectives, Introduction Heart Disease in Pregnancy- Diagnosis and Evaluation During Pregnancy, Effect of Heart Disease on Pregnancy, Effect of Pregnancy on Maternal Heart Disease, Management: Care during Pregnancy, Labour and Puerperium</p> <p>Diabetes Mellitus- Definition: Diabetes and Gestational Diabetes, Diagnosis, Effect of Pregnancy on Diabetes, Effect of Diabetes on Pregnancy, Management: During Pregnancy, Labour and Puerperium</p> <p>Urinary Tract Infections- Asymptomatic Bacteriuria, Pyelonephritis, Management of UTI in Pregnancy</p> <p>Malaria- Effect on Pregnancy, Treatment in Pregnancy</p> <p>Pulmonary Tuberculosis- Diagnosis, Treatment in Pregnancy</p> <p>Jaundice- Causes, Diagnosis</p>
5	<p>Medical Termination Of Pregnancy: Objectives, Introduction History and Definition, Guidelines for MTP, Selection of a Patient Methods of First Trimester Pregnancy Termination- Medical Methods, Surgical Methods Methods of Second Trimester Pregnancy Termination</p>
6	<p>Complications in early Pregnancy: Objectives, Introduction Abortions- Etiology, Pathology and Types, Spontaneous Isolated Abortion, Missed Abortion, Recurrent</p>

	<p>Abortion, Septic Abortion</p> <p>Ectopic Pregnancy- Etiology and Pathology, Clinical Features of Tubal Ectopic Pregnancy, Investigations and Diagnosis, Treatment, Ectopic Pregnancy Other than Tubal Pregnancy</p> <p>Hydatidiform Mole- Etiology and Pathology, Clinical Features, Management, Complications</p> <p>Hyperemesis Gravidarum</p> <p>Retention of Urine</p>
7	<p>Complications In Late Pregnancy-I(Pregnancy Induced Hypertension and Antepartum Haemorrhage): Objectives, Introduction</p> <p>Preeclampsia and Eclampsia- Preeclampsia, Eclampsia, Post Partum Care</p> <p>Antepartum Haemorrhage (APH)- Placenta Praevia, Abruption Placentae, Other Causes of APH</p>
8	<p>Complications In Late Pregnancy-II: Objectives, Introduction</p> <p>Premature Rupture of Membranes- Aetiology, Diagnosis, Complication, Management</p> <p>Preterm Labour- Definition, Aetiology, Diagnosis, Investigation, Management, Recent Advances</p> <p>Postmaturity- Definition, Aetiology, Management, Intrapartum Care</p> <p>IUGR- Aetiology, Classification, Fetal Complications, Screening for IUGR and Diagnosis, Management of IUGR</p>
9	<p>Complications in late Pregnancy-III: Objectives, Introduction</p> <p>Rh-incompatibility- Classification of Rhesus factors and iso communication, Pathological changes in hemolytic disease of newborn, Management of Rh-ve non-immunized pregnancy women</p> <p>Intra-uterine infections- Viral Infection, Protozoal Infection, Bacterial Infection</p> <p>Pain abdomen during pregnancy- Causes, Diagnosis and Management</p>
10	<p>Normal Labour– I (Anatomy and Physiology): Objectives, Introduction</p> <p>Anatomy of Maternal Pelvis and Foetal Skull- Anatomy of Maternal Pelvis (Passage), Anatomy of Foetal Skull (Passenger)</p> <p>Physiology of Labour- Physiology of Uterine Contractions (Power), Physiology of Onset of Labour, Physiology of Placental Separation</p> <p>Mechanism of Normal Labour.</p>
11	<p>Normal Labour-II (Management): Objectives, Introduction</p> <p>Definition, Onset and Stages of Labour- Definition, Onset of Labour, True and False Labour, Stages of Labour</p>

	<p>Examination of a Woman in Labour- History, Examination, Procedures on Admission</p> <p>Monitoring Labour Management of Labour- Management during First Stage, Management during Second Stage, Management during Third Stage, Examination of Placenta and Membranes Post Delivery Management</p>
12	<p>Normal Puerperium and Postnatal Care: Objectives, Introduction Definition of Normal Puerperium Physiological Changes in Normal Puerperium- Changes in Genital Tract, Changes in Breast and Lactation, Changes in Other Systems</p> <p>Postnatal Care- Postnatal Check Up, Management of Normal Puerperium, Treatment of Minor Ailments, Postnatal Exercises</p>
13	<p>Occipito-Posterior Position: Brow, Face and cord Presentation: Objectives, Introduction Occipito-Posterior Position- Etiology and Diagnosis, Mechanism of Labour (ROP), Management</p> <p>Brow Presentation Face Presentation Cord Presentation and Cord Prolapse Compound Presentation Let Us Sum Up</p>
14	<p>Breech Presentation, Transverse Lie and Twins: Objectives, Introduction Breech Presentation- Aetiology and Types, Diagnosis and Differential Diagnosis, Mechanism of Normal Breech Delivery, Risks of Breech Delivery, Management during Pregnancy and Labour</p> <p>Transverse Lie- Etiology, Diagnosis, Complications, Management</p> <p>Twin Pregnancy- Aetiology, Diagnosis, Complications, Management</p>
15	<p>Prolonged Labour, Obstructed Labour and Rupture Uterus: Objectives, Introduction Abnormal Progress of Labour- Diagnosis of Abnormal Progress of Labour, Management</p> <p>Obstructed Labour- Causes of Obstructed Labour, Clinical Features and Diagnosis, Management, Complications of Obstructed Labour</p> <p>Rupture Uterus- Etiology of Rupture Uterus, Clinical Features and Diagnosis, Management</p>
16	<p>Third Stage Complications: Objectives, Introduction Complications of Third Stage of Labour and their Significance- Complications of Third Stage of Labour Significance of Third Stage Complications</p> <p>Post Partum Haemorrhage- Definition, Immediate Causes of PPH, Predisposing Conditions, Clinical Characteristics,</p>

	<p>Diagnosis of Etiological Factor, Management</p> <p>Abnormally Adherent Placenta- Definition, Etiological Factors, Clinical Characteristics, Management</p> <p>Post Partum Collapse- Inversion of the Uterus, Amniotic Fluid Embolism, Pulmonary Embolism Emergency Transfer</p>
17	<p>Abnormal Puerperium: Objectives, Introduction Puerperal Fever/Pyrexia Puerperal Sepsis- Definition, Causative Organisms, Risk Factors, Diagnosis, Management, Complications</p> <p>Infections Associated with Childbirth other than Puerperal Sepsis- Breast Infections, Urinary Tract Infections, Venous Thrombosis</p> <p>Puerperal Morbidity other than Infections- Secondary Haemorrhage, Puerperal Psychosis, Obstetric Palsy</p>
18	<p>Common Gynecological Problems: Objectives, Introduction Vaginal Discharge- Causes, Management, When and Where to Refer</p> <p>Menstrual Irregularities- Menorrhagia, Polymenorrhoea, Metrorrhagia, Amenorrhoea</p> <p>Dysmenorrhoeal- Congestive Dysmenorrhoeal Spasmodic Dysmenorrhoeal</p> <p>Backache- Gynaecological Conditions Non-gynaecological Conditions</p> <p>Uterovaginal Prolapse- Predisposing Factors, Prevention, Diagnosis, Treatment, Association with Pregnancy</p>
19	<p>Adolescent Gynecological Problems: Objectives, Introduction Physical and Endocrinological Changes during Puberty- Physical Changes, Endocrinological Changes</p> <p>Management of Menarche/Menstruation- Preparing for Menarche, Care during Menstruation, Socio-cultural Taboos</p> <p>Menstrual Problems during Adolescence- Puberty Menorrhagia, Dysmenorrhoea, Amenorrhoea</p> <p>Problems during Adolescence Other than Menstruation Dysfunctions- Pregnancy in Adolescent Girl, Problems with Breast Development, Hirsutism</p> <p>Adolescent Sexual Health- Adolescent Sexuality, Sexual Concerns in Adolescence, Sex Education, Psychological Reactions during Adolescence</p>
20	<p>Infertility: Objectives, Introduction Etiological Factors</p>

	<p>History and Examination in both Partners- History of Both Partners, Clinical Examination of Both Partners</p> <p>Investigations- Male Assessment, Female Assessment</p> <p>Management of Infertile Couple- Treatment of Male Factors, Treatment of Female Factors, Unexplained Infertility</p> <p>Assisted Reproductive Techniques- In Vitro Fertilization and Embryo Transfer (IVF-ET), Other Procedures</p> <p>Counselling- Ethical Issues, Adoption</p>
21	<p>Reproductive Tract Infections/Sexually Transmitted Infections Including HIV/AIDS: Objectives, Introduction Definition of RTI/STI Excessive Vaginal discharge not Associated with any Pathology</p> <p>Infections of Vagina Causing Vaginal Discharge- Vulvo-vaginal Candidacies, Bacterial Vaginosis, Trichomoniasis</p> <p>Infections of Cervix causing Mucopurulent Cervicitis- Gonorrhea, Chlamydia Trachomatis</p> <p>Infections Causing Genital Ulcers- Chancroid, Lymphogranuloma Venereum, Granuloma Inguinale, Genital Herpes Simplex Virus, Genital Warts, Syphilis</p> <p>Problems in Management of RTIs/STIs Syndromic Management of RTI/STI- Syndromic Approach : Urethral Discharge, Vaginal Discharge, Genital Ulcer Syndrome, Inguinal Swelling Syndrome, Lower Abdominal Pain, Scrotal Pain, Ophthalmia Neonatorum, Problems with Syndromic Management</p> <p>HIV/AIDS- Case Definition, Diagnosis of HIV Infection, Voluntary Testing and Counselling, Management of HIV/AIDS, Prevention of Mother to Child Transmission, Gynecological Disease in HIV/AIDS</p>
22	<p>Menopause: Objectives, Introduction Definition and Common Terms Menstrual Pattern during Menopausal Transition</p> <p>Changes due to declining Gonadal Function- Hormonal Changes, Changes in Genital Tract, Changes in Bones, Changes in Coronary and other Arteries, Changes in other Tissues</p> <p>Problems Caused by Oestrogen Deficiency- Vasomotor Symptoms, Urogenital Symptoms, Behavioural Problems, Cardiovascular Diseases, Osteoporosis</p> <p>Management of Menopause- Indications, Contra-indications and side effects of HRT, Evaluation and Follow up, Hormones used in HRT, Regimens of HRT Alternatives to HRT</p>

23	<p>Counselling: Objectives, Introduction Benefits of Family Planning Counselling- Physical Setting for Counselling, Basic Steps of Counselling, Interpersonal Communication, Essential Counselling Skills</p> <p>Counselling in Family Planning- Types of Clients Seeking Counselling in Family Planning, Methods of Counselling, Informed Consent</p> <p>Method Specific Counselling in Family Planning- Natural Methods, Condoms, Oral Contraceptive, Intra Uterine Device (IUD), Surgical Methods</p>
24	<p>Conventional Contraceptive Methods Objectives, Introduction</p> <p>Guidelines for Dealing with Clienteles Natural Methods of Contraception Barrier Contraception- Condom, Vaginal Contraceptives, Vaginal Contraceptive Sponge (Today), Diaphragm, Cervical Vault/Cap</p> <p>Non-hormonal Oral Contraception (Centchroman)- Pharmacology of Centchroman, Counselling, Client Selection, Guidelines for Instruction and Follow Up</p> <p>Factors Affecting Contraceptive Efficacy Newer Methods of Barrier Contraception</p>
25	<p>Hormonal Contraception: Objectives, Introduction Methods of Hormonal Contraception- Oral Contraceptive Pills (OCPs), Implants, Injectibles, Progestasert and Vaginal Rings</p> <p>Emergency Contraceptive Pills (ECP)- Pharmacology of ECP, Counselling for ECP, Client Selection, Guidelines for Instruction and Follow Up</p> <p>Newer Methods of Hormonal Contraception Methods Under Special Circumstances</p>
26	<p>Intra Uterine Contraceptive Devices: Objectives, Introduction Historical Perspective Copper-T Devices- Mechanism of Action, Advantages and Disadvantages, Side Effects and Complications, Warning Signals</p> <p>Insertion of IUD- Counselling for Copper-T, Eligibility Criteria, Client Assessment, Guidelines for Insertion of Cut</p> <p>After Care- Post Insertion Advice to the Client, Management of Side Effects and Complications, Removal and Replacement Guidelines for Use of Copper-T for Emergency Contraception</p>
27	<p>Surgical Methods: Objectives, Introduction</p>

	<p>Selection of Clients- Eligibility Criteria, Counselling for Sterilisation, Informed Consent</p> <p>Female Sterilisation- Medical Contraindications, Clinical and Technical Procedures, Follow-up Procedures, Complications and their Management</p> <p>Male Sterilisation- Medical Contraindications, Clinical and Technical Procedures, Follow-up Procedures, Complications and their Management</p> <p>Physical Requirements- Physical Facilities, Equipment and Supplies, Emergency Preparedness</p> <p>Prevention of Infection- Guiding Principles, Hand Washing, Facilities (Operation Theatre and Post Operative Ward), Processing of Equipment, Instruments and other Reusable Items, Procedures for Pre-operative Preparation of Clients, Procedure of Administering Proper Injection, Surgical Personnel, Skin Preparation and Surgical Drapping, Surgical Technique, Post Operative Care, Self Protection of Health Care Providers, Disposal of Waste, Needles and Other Materials</p>
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LEARNING SOURCE: Self Learning Materials

ADDITIONAL READINGS:

- A. Women's reproductive health in India Editors Radhika Ramasubban, Shireen J. Jejeebhoy- Rawat Publications
- B. India's Family Welfare Program: Moving to a Reproductive and Child Health By Anthony R. Measham, Richard

CHILD HEALTH –MCH15103

UNIT	CONTENTS
1	<p>Essential Newborn Care: Introduction, Principles of Newborn Care Care at Birth- Provision of Warmth, Cord. Skin and Eye Care</p> <p>Neonatal Resuscitation- Physiology of Asphyxia, Preparation of Delivery, Assessment at Birth, Initial Steps, Assisted Ventilation, Chest Compression, Endotracheal Intubation, Use of Drugs, Role of Apgar Scoring</p> <p>Postnatal Care- Identification of At Risk Neonates, Maintenance of Body Temperature, Promotion of Breastfeeding, Prevention of Infection, Danger Signs in Newborn, Immunization Advice, Weight Changes after Birth Common Neonatal Problems</p>

	Special Neonatal Situations
2	<p>Management Of Low Birth Weight Babies: Objectives, Introduction Classification of Low Birth Weight (LBW) Babies</p> <p>Management of LBW- Feeding of LBW, Maintenance of Temperature, Prevention of Infection, Danger Signs, Vaccination of LBW, Discharge Plan and Follow Up Referral and Transport of LBW</p>
3	<p>Introduction To IMNCI: Introduction, Rationale for IMNCI syndromic approach, Components of the integrated approach, The principles of integrated care, Case management process, Let</p>
4	<p>Assess And Classify Illness: Ask the Mother what the Young Infants Problem are.</p> <p>Assessment for Possible Serious Bacterial Infection/Severe Jaundice- Checking for symptoms & signs, Filling case recording form, Classify Possible Serious Bacterial Infection/Severe Jaundice, Identify Treatment</p> <p>Assessment for Diarrhea- Check for Signs of Dehydration, Classify Diarrhea, Identify Treatment</p> <p>Assess for Feeding Problems and Malnutrition- Check for Feeding Problems, Determine Weight for Age, Assess Breastfeeding, Classify Feeding Problems, identify Treatment</p> <p>Checking Immunization Status and Assessing Other Problems</p>
5	<p>Treat And Counsel: Treat Infections- Local Bacterial Infection, Possible Serious Bacterial Infection</p> <p>Treat Diarrhoea- Treat Diarrhoea at Home : Plan A Treat Some Dehydration : Plan B Treat Severe Dehydration : Plan C Treat Blood in Stools Treat Persistent Diarrhoea</p> <p>Counsel the Mother- Feeding recommendations, Counsel about feeding problems, Counsel about feeding, Treat nipple and breast problems, To keep low body weight infant warm, When to return, Counsel the mother about her own health Follow up Management of Sick Young Where Referral is not Possible</p>
6	<p>Hospital Management Of Sick Young Infant: Objectives, Introduction Management Process of the sick child Triage Process Danger signs in newborns and young infants Supportive care for the sick neonate- Thermal environment, Oxygen Therapy, Fluid management, Maintain normoglycemia, Management of Shock</p> <p>Management of convulsions Management of specific conditions- Perinatal Asphyxia, Serious Bacterial Infection, Meningitis, Pneumonia, Diarrhoea, Tetanus Neonatorum, Management of Jaundice Monitoring sick young infant</p>

	Discharge from the hospital Providing follow-up care.
7	<p>Assess & Classify Illness– I: Assessment of Child's Problem, Check for General Danger Sign</p> <p>Cough or Difficult Breathing- Assessment, Classification</p> <p>Diarrhoea- Types of Diarrhoea, Assess Diarrhoea Classification of Diarrhoea- Classify Dehydration Classify Persistent Diarrhoea Classify Dysentery</p>
8	<p>Assess And Classify Illness– II: Fever- Decision about Fever, Main Causes of Fever, Assess Fever, Classify Fever, Classify Measles Ear Problem</p> <p>Check for Malnutrition- Assess for Malnutrition, Classify Nutritional Status</p> <p>Check for Anaemia- Assess For Anaemia, Classify Anaemia Check Immunization Status, prophylactic Iron Folic Acid and Vitamin-A, Supplementation Assess other problems</p>
9	<p>Identify Treatment: Objectives, Introduction, Determine if Urgent Referral is Needed Identify Treatment for Sick Children who do not Need Urgent Referral When to Return Immediately Identify Urgent Pre-referral Treatment Needed Give Urgent Pre-referral Treatment Refer a Child</p>
10	<p>Treat The Child: Objectives, Introduction Treat a child with Oral Drugs at Home- Give an Oral Antibiotic, Give an Oral antimalarial, Give Paracetamol, Give Vitamin-A, Give Iron and Folic Acid</p> <p>Teach the Mother to Treat Local Infection at Home- Soothe the Throat, Treat Eye Infection, Determine Priority of Advice</p> <p>Give these Treatments in Clinic only Give Extra Fluid for Diarrhoea- Plan-A Plan-B Plan-C</p> <p>Immunize very Sick Child Counsel the Mother- Feeding Recommendations, Assess the Child's Feeding, Identify Feeding Problems, Counsel the Mother about Feeding Problems, Advise the Mother when to return,, Counsel The Mother About Her Own Health</p>
11	<p>Follow Up Care: Follow-Up Visit for Pneumonia, Follow-Up visit for Diarrhoea, Follow up visit for Fever, Follow up visit for Ear infection, Follow-Up visit for Feeding problem, Follow up visit for</p>

	Anaemia.
12	<p>Where Referral Is Not Possible: Essential Care Sick Child age 2 months up to 5 years- Severe pneumonia or Very Disease, Severe Persistent Diarrhoea, Very Server Febrile Disease, Severe Complicated Measles Mastoiditis, Severe Malnutrition, Severe Anemia, Cough for more than 30 days, Convulsions Treatment Instructions.</p>
13	<p>Triage And Emergency Treatment: Objectives, Introduction, Initial Steps Organization of Triage and Emergency Treatment Assessment for Emergency and Priority Signs</p> <p>Give Emergency Treatment- Triage of Sick Children, Manage the Airway, Oxygen Therapy, Positioning of the Unconscious Child, Emergency Treatment of a Child with Severe Malnutrition, Fluid Therapy for Shock (Child not Severely Malnourished), Management of Convulsions, Treatment of Severe Dehydration.</p>
14	<p>Child With General Danger Signs: Introduction, Lethargy, Unconsciousness or Convulsions, Meningitis, Severe Malaria, Severe Complicated Measles, Septicemia</p>
15	<p>Child With Cough/Difficult Breathing: Objectives, Introduction Pneumonia- Assessment of a Child Presenting with Cough, Assessing the Severity of Pneumonia, Differential Diagnosis of Cough or Difficult Breathing, Treatment of a Child with Cough of Difficult Breathing</p> <p>Wheeze- Differential Diagnosis, Bronchiolitis, Asthma, Wheeze with Cough or Cold</p> <p>Stridor- Differential Diagnosis, Viral Croup, Diphtheria, Pertussis, Foreign Body Inhalation</p> <p>Heart Failure Chronic Cough</p>
16	<p>Child With Diarrhoea: Objectives, Introduction Acute Diarrhoea- Treatment of Severe Dehydration, Monitoring</p> <p>Persistent Diarrhoea, Treatment, Feeding in Persistent Diarrhoea, Monitoring</p> <p>Dysentery Diarrhoea in Malnutrition</p>
17	<p>Child With Febrile Illness: Objectives, Introduction</p> <p>Fever- Fever without Localising Sings, Fever with Localised Signs, Fever with Rash, Differential Diagnosis of Prolonged Fever</p> <p>Malaria Measles Typhoid Fever Ear Infections- Mastoiditis, Acute Otitis Media, Chronic Otitis Media Urinary Tract Infection</p>

	<p>Septic Arthritis and Osteomyelitis Dengue Haemorrhagic Fever</p>
18	<p>Child with Severe Malnutrition: Objectives, Introduction Criteria for Hospital Admission Assessment of Severely Malnourished Child Organisation of Care Providing General Treatment for Malnutrition- Hypoglycaemia, Manage Hypothermia, Dehydration, Electrolyte Imbalance, Infection, Micronutrients, Initiate Feeding, Catch-up Growth, Sensory Stimulation, Discharge and Prepare for Follow-up Discharge before full Recovery</p>
19	<p>Monitoring and Supportive Care: Objectives, Introduction Basic Principle of Child Care Fluid Management Management of Fever- Antipyretic Treatment, Supportive Care</p> <p>Management of Anaemia- Anemia (Non-Severe), Severe Anaemia, Transfusion Reaction</p> <p>Oxygen Therapy- Indications, Oxygen Delivery System</p> <p>Monitoring Procedures Discharge from Hospital Checking Immunization Status Communicating with the First Level Health Provider Providing following up care.</p>
20	<p>Breastfeeding: Objectives, Introduction Benefits of Breastfeeding- Unique Properties of Human Milk for Human Infants, Benefits of Breastfeeding to the Mother, Other Benefits, Changes in the Composition of Breast Milk, Terms for Infant Feeding, Recommendations for Infant Feeding</p> <p>Physiology of Lactation- Anatomy of the Breast, The Milk Producing Hormones and Reflexes, Feeding Mechanism, Results of Poor Attachment</p> <p>Initiating Breastfeeding Management of the Mother-Infant Nursing Pair- Antenatal Period, Immediate Post Partum Period, Postnatal Period, Expression of Mother's Milk</p> <p>Breastfeeding Problems- Breast Conditions, Mother Complains that She doesn't have Enough Milk, Breastfeeding Babies with Problems, Breastfeeding by Mothers with Problems</p> <p>The Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992 Baby Friendly Hospital Initiative (BFHI) Some Facts About Lactation</p>
21	<p>Feeding Children: Introduction Complementary feeding</p>

	<p>Foods for Complementary Feeding- Infant's First Food, Traditional Foods for Infants, Instant Infant Foods, Protective Foods</p> <p>Age Specific Feeding Recommendations- Up to 6 Months of Age, 6 Months upto 12 Months, 12 Months upto 2 Years, 2 Years and Older</p> <p>Responsive Feeding Keeping Foods Clean and Safe Feeding During and After Illness Feeding in Exceptionally Difficult Circumstances- Feeding During Emergencies, Malnourished Children, Feeding in Maternal HIV</p>
22	<p>Management Of Child With Malnutrition: Introduction, Epidemiology, Etiology Identifying Malnutrition- Recognition of a Malnourished Child, Age dependent parameters, Age Independent Parameters, Early detection, Criteria for Admission in Hospital</p> <p>Assessment Management at Domiciliary Level- Nutritional Education, Rehabilitation</p>
23	<p>Common Deficiency Disorders: Introduction Common Micronutrients Iron Deficiency- Pathogenesis, Clinical Features, Diagnosis, Treatment and Prevention</p> <p>Vitamin A Deficiency- Pathogenesis, Clinical Features, Diagnosis, Treatment and Prevention</p> <p>Vitamin C Deficiency- Pathogenesis, Clinical Features, Diagnosis, Treatment and Prevention</p> <p>Vitamin D Deficiency- Pathogenesis, Clinical Features, Diagnosis, Treatment and Prevention</p> <p>Iodine Deficiency- Pathogenesis, Clinical Features, Diagnosis, Treatment and Prevention</p> <p>Zinc Deficiency- Pathogenesis, Clinical Features, Diagnosis, Treatment and Prevention</p> <p>Folic Acid Deficiency- Pathogenesis, Clinical Features, Diagnosis, Treatment and Prevention</p>
24	<p>Growth And Its Disorders: Introduction Assessment of Physical Growth- Body Measurements: Anthropometry Statistical Principles in Assessment of Variability in Growth, Growth Standards</p> <p>Physical Growth: The Normal Variations- Size at Birth, Growth During Infancy, Growth After Infancy</p> <p>Detecting Disorders of Physical Growth- Disorders of Weight, Disorders of Height, Disorders of Head Size</p>
25	<p>Development And Its Disorders: Introduction</p>

	<p>Normal Development- Sequence of Normal Development, Variations in Normal Development, Surveillance Tools in Development</p> <p>Developmental Disorders- Causes of Abnormal Development, Early Diagnosis of Developmental Delay, Early Stimulation</p> <p>Developmental Disabilities- Assessment of Disabilities, Identification of Disabilities, Cerebral Palsy and Mental Retardation, Visual, Speech and Hearing Handicaps, Prevention of Chronic Disabilities</p> <p>Common Behavioral Problems- Breath Holding Spells, Primary Nocturnal Enuresis, Pica</p>
26	<p>Home Environment And The Child: Introduction Why are the Children at Risk Poverty and Environmental Hazards Making the Home Child Safe Elements of Environmental Hazards in the Home Safe Water Indoor Air Pollution Environment Tobacco Smoke (ETS)- What is ETS?, Magnitude of the Problem, Health Hazards of ETS, How to Protect Children from ETS Lead, Pesticides, Child on the Streets, Child Labour</p>

LEARNING SOURCE: Self Learning Materials

ADDITIONAL READINGS:

- A. India's Family Welfare Program: Moving to a Reproductive and Child Health By Anthony R. Measham, Richard
- B. Pediatric Nursing by Parul Datta By Jaypee Brothers, Medical Publishers

CHILD HEALTH - MCH15103P

UNIT	CONTENTS
1	<p>Practical I- Neonatal Resuscitation And Care At Birth – Introduction, Neonatal Resuscitation, Preparation before Delivery, Assessment at Birth, Initial Steps, Assisted Ventilation, Chest Compression, Endotracheal Intubation, Use of Drugs, Role of Apgar Score, Care at Birth, Care of the Cord, Eyes and Skin, Recognition of a Preterm and SFD Newborns, Weight, Length, Head Circumference Measurements, Neonates Needing NICU Care</p>
2	<p>Practical II- Management of Sick Young Infant- Using IMNCI Chart Booklet, Filling case Recording Form, Assessment of newborn and Young Infant, Intramuscular Antibiotics, Treating the Young Infant to prevent low Blood Sugar, Providing Warmth, Warming the young infant using skin to skin contact (Kangaroo Mother Care) Keeping The young Infant Warm on the way to Hospital, Keeping the Young infant with low weight or low body temperature warm</p>

	at home, Transport of sick young infant, Treating Local infections and Thrush at Home, Treating skin Pustules, umbilical Infection and thrush, Drying the eye wicking.
3	Practical III- Management Of A Sick Child – Introduction, How to use IMNCI Cbart Book, Filling Case recording form, Identify Lethargy /Unconsciousness, Assessing Breathing, Counting of Breathing Rate, Identification of Chest Indrawing, Identification of Stridor, Clearing of Nostrils, Assessing Dehydration, Identification of Neck Stiffness, Assessing for Measles, Eye Ointment Application, Wicking the Ear, Assessing for Malnutrition, Visible Severe Wasting, Assessment of Oedema Feet, Assessment of Pallor, How to Record Weight, Reading Drug Table, Administration of Drugs (Oral and Injectable), Prioritisation of Treatment
4	Practical IV- Feeding Techniques – Introduction, Assessment of Breastfeeding Technique, Correct Position, Good Attachment, Improving Position and Attachment, Breast Milk Expression, Technique of Expression, Storing Expressed Breast Milk (EBM), Technique of Providing EBM, Cup and Spoon Feeding, Nasogastric or Oro-gastric Feeding, Treatment of Inverted Nipple by syringe pump
5	Practical V- Vitamin A Deficiency, Scurvy, Rickets, Protein Energy Malnutrition, History Taking, Physical Examination, Management, Nutritional Counseling, Assessment of Child's Feeding, Identify Feeding problems, Counseling the Mother about Feeding Problems
6	Practical VI- History Taking and examination of Child- History taking, Physical Examination, Approach to Heart Murmur, Congestive Heart Failure Management, Assessment of child Rash, Examination of Acute Flaccid Paralysis (AFP) Patient, Common Bedside Skills, Hand Washing, Temperature Recording, Capillary Refill time, Throat Examination.
7	Practical VII- Laboratory Procedures- Neonatal Practical Procedure, Capillary Blood Sampling, Peripheral Blood Smear, Micro ESR Estimation, How to Check blood Sugar by dextrosticsk, Taking and transport of body fluid samples, Examination of CSF, Examination of Urine, Tuberculin skin test, Umbilical Vein Catheterization.
8	Practical VIII- Assessment Of Growth & Development – Introduction, Preparation for Assessment, Parameters to be Assessed, Tools for Assessment, Method of assessment, Anthropometry, Growth Monitoring, Developmental Examination
9	Practical IX- Emergency Triage, Assessment And Treatment – Introduction, Emergency Triage, Assessment and Treatment, Summary of Steps in Emergency Triage Assessment and Treatment, Assessment for Emergency and Priority Signs, Giving Emergency Treatment, Approach to An Unconscious Infant child, Approach to a child with Seizure, Oxygen Therapy, Aerosol Therapy for Asthma, Metered Dose Inhaler (MDI), Use of Spacer, Dry Powder Inhaler (DPI), Nebulisers, Common Bedside Skills

LEARNING SOURCE: Self Learning Materials

ADDITIONAL READINGS:

- A. India's Family Welfare Program: Moving to a Reproductive and Child Health By Anthony R. Measham, Richard
- B. Pediatric Nursing by Parul Datta By Jaypee Brothers, Medical Publishers

PREVENTIVE MCH – MCH15101P

UNIT	CONTENTS
1	Practical I- Rationale And Goals Of MCH Of MCH Care – Introduction, Brief History of MCH Care, Rationale of MCH Care, Special Nature of the Group, Mother and Child as One Unit, MCH Problems, At Risk Approach for MCH, MCH Care Package, MCH Care for Mothers, MCH Care for Children, Goals and Objectives of MCH Care
2	Practical II- Levels Of Prevention in MCH Carees – Introduction, Natural History of Disease, Levels of Prevention, Primordial Prevention, Primary Prevention, Secondary Prevention, Tertiary Prevention, Application of Levels and Prevention in MCH Care
3	Practical III- Environmental Determinants In MCH Care – Introduction, Environment, Physical, Biological, Socio-cultural, Socio-cultural Determinants of Maternal Health, Antenatal Period, Natal Period, Postnatal Period, Fertility Control, Maternal Mortality, Socio-cultural Determinants of Child Health, Foetal Period, Child Birth, Postnatal Period, Preschool Period, Infant Mortality, Socio-cultural Determinants of Nutrition, Foods for Pregnant Women, Foods during Infancy and Childhood, Foods during Adolescence Period, The Concept of Hot and Cold Food, Foods during Illness and Disease, Combination of Foods, Improvement of Socio-cultural Environment, Individual Level, Family Level, Community Level
4	Practical IV- Health Needs Of Mother And Child – Introduction, Major Health and Nutritional Needs, Maternal Mortality, The Pathway to Survival, Elements of Essential Obstetric Care, Four Basic Models on Organising Delivery Care, Infant Mortality, Causes of Infant Mortality, Neonatal Mortality, Nutrition Needs, Consequences of Malnutrition, The Power of Good Nutrition, Causes of Malnutrition, The Baby Friendly Hospital Initiative
5	Practical V- Adolescent Health – Introduction, Adolescents as a Special Group, What is so Special?, Determinant Factors of Health Problems Specific to Adolescents, Needs and Rights of Adolescents, Issues Related to Adolescent Body, Basic Physiological and Psychological Perspective, Adolescent Body Image, Medical and Behavioral Problems During Adolescence, Prevention and Management of Health Problems, Addressing Adolescent Health in India, Challenges in Perspective, Present Efforts in India, Relevance of a National Strategy
6	Practical VI- Status Of Maternal And Health Services in India - Child Health Services In India – Introduction, Genesis and Evolution of Maternal and Child Health (MCH) Services in India, Genesis, Policies and Strategies During Different Plan Periods, Progress and Achievements, Organisation of MCH Services, Rural Areas, Urban Areas, Recent Strategies in Reproductive and Child Health (RCH), Rural Health Infrastructure—Norms and Achievements, Current Status of Rural Health Infrastructure, Current Status of MCH Indicators at National Level
7	Practical VII- Organisational Set Up For Care- MCH CARE – Introduction, Organisational Set Up, At the Central Level, At the State Level, At the Regional/Divisional Level, At the District Level, At the Block Level, At the Primary Health Centre Level, At the Sub Centre Level, At the Village Level, In Urban Settings, Role of Non-Governmental Organisations, Functioning of Non-Governmental Organisations, Important Non-Governmental Organisations, Coordination of NGOs with Government, Role of Indigenous Medical Practitioners (IMPs) in providing MCH Care, Role of International Organisations
8	Practical VIII- MCH Related Schemes And Programmes – Introduction, Integrated Child Development

	Services (ICDS), The Package of Services, Types of Beneficiaries, Organisation of ICDS, Service Delivery System, Services, Adolescent Girls in ICDS, Monitoring and Evaluation in ICDS, Minimum Needs Programme and 20-Point Programme, Dais Training Programme in India, Community Health Workers Scheme of India, Female Health Workers/ANMs Training Programme, Training of Male Multipurpose Workers, Training of Male Multipurpose Worker (New), Female Health Assistants Training Programme, Community Nutrition Programmes, Vitamin A Prophylaxis Programme, Prophylaxis against Nutritional Anaemia, Control of Iodine Deficiency Disorders, Special Nutrition Programme
9	Practical IX- Target-free Programme Based on Community Needs Assessment, Decentralised Participatory Planning, Safe Motherhood Components, Child Survival Components, Safe Abortion Services, Contraceptive Services for the Eligible Couples, Prevention and Management of RTIs and STIs, Adolescent Health Services, Special Care Components— Cancer and Infertility Services.
10	Practical X- Basics Of Epidemiology – Introduction, Definition of Epidemiology, Basic Epidemiological Principles and Concepts, Natural History of Disease, Epidemiological Triad, Spectrum of Disease and Iceberg Phenomenon, Risk Approach in Health Care, Levels of Prevention and Modes of Intervention, Epidemiological Methods, Screening, Epidemiological Surveillance, Definition of Surveillance, Purpose of Surveillance, Methods of Surveillance
11	Practical XI- Applied Statistics In MCH – Introduction, Sampling, Methods of Sampling, Sample Size, Diagrammatic and Graphic Presentation of Data, Measures of Central Tendency, Arithmetic Mean, Median, Mode, Measures of Dispersion, Types of Distribution, Tests of Significance, Qualitative Research
12	Practical XII- Indicators Of RCH – Introduction, Global Concern, Key Issues in Selection of Indicators, Indicators of RCH, Indicators for Global Use, Commonly Used Indicators, Managerial Indicators of RCH, Indicators of Antenatal Care, Safe Delivery Indicators, Postnatal Care Indicators, Family Planning Indicators
13	Practical XIII- Vaccine Preventable Diseases – Introduction, Tuberculosis, Epidemiology, Prevention, Diphtheria, Epidemiology, Prevention, Pertussis, Epidemiology, Prevention, Tetanus, Epidemiology, Prevention, Poliomyelitis, Epidemiology, Prevention, Measles (Rubeola), Epidemiology, Management, Hepatitis-B, Epidemiology, Prevention, National Immunization Schedule, Issues Related to Vaccination
14	Practical XIV- Investigation Of an Outbreak – Introduction, Steps of Investigation of an Outbreak, Ensure the Existence of Outbreak, Confirm Diagnosis, Estimate the Number of Cases, Orient the Data in Terms of Time, Place and Person, Determine Who is ‘At Risk’ of Contracting the Disease, Develop an Explanatory Hypothesis, Compare the Hypothesis with the Established Facts, Plan a More Systematic Study, Prepare a Written Report, Proposed Measures for Control and Prevention
15	Practical XV- Communication Process –Introduction, Concept of Communication, Definition and Purpose of Communication, Practices in Communication, Evolution in Communication, Types of Communication, Elements of Communication Process, The Source, The Message, The Channel, Receiver or Target Audience, Feedback, Adoption Process, Effects of Communication Process, Planning, Implementation and Evaluation of Communication Programme for RCH - Communication Needs Assessment (CNA), Matrix of Communication for Behaviour Change, Evaluation of Communication Efforts, National Communication Strategy for Reproductive and Child Health (RCH), Goal, Changes in Strategy Direction, Components of the New Framework, Responsibilities at Various Levels, The RCH Communication Challenge, Matrix of Behaviour Change Objectives
16	Practical XVI- Counselling In Rch Programme – Introduction, Concept of Counselling, Elements of Counselling, Greeting, Asking, Telling, Helping, Explaining, Return, Counselling Skills,

	Active Listening, Check Your Counselling Skills, Factors that Help/Hinder in Counselling, Techniques of Counselling, Special Groups and Area for Counselling, Adolescents, Model for Informed Choices, Counselling Model for IUD Contraception, Counselling for HIV/AIDS Model
17	Practical XVII- Community Participation – Introduction, Concept of Active Community Participation, Definition of Community and Community Participation, Resources of Community, Observed Pattern of Community Participation in RCH/MCH Programme, Involvement of Community in CNAA, Preparation of the Sub-centre Action Plan, Decentralized Planning and Programme Implementation, Successful Indian Examples of Community Participation, Community Needs Assessment, Steps in Operationalization of Community Participation, Participatory Learning and Action, Areas of Responsibility, Community Participation in Urban Slums, Factors which Promote Community Involvement and Participation, Social Marketing in Health, Definition, Objectives of the Social Marketing Programme, Strategic Themes, Need for the Formal Strategy, Vision Statement, Planning Social Marketing Programme (SMP), Achievement of Social Marketing Programme in India

LEARNING SOURCE: Self Learning Materials

ADDITIONAL READINGS:

- A. Maternal and Child Health: Programs, Problems, and Policy in Public Health By Kotch, Jonathan B Kotch, M.D.

REPRODUCTIVE HEALTH – MCH15102P

UNIT	CONTENTS
1	Practical I- Communication With The Patient And History Taking, General, Complaint's History, Menstrual History, Obstetric History, Other Aspects
2	Practical II- Examination Of The Woman – General Physical Examination, General Examination, Systemic Examination, Examination of Breasts, Examination of the Abdomen, General, Obstetric, Pelvic Examination, Inspection, Speculum Examination, Bimanual Pelvic Examination, Rectal Examination, Late Pregnancy and Labour
3	Practical III- Normal Labour – Diagnosis of Labour , Monitoring of First Stage of Labour by Partograph, Second Stage of Labour, Conducting of Delivery, Third Stage of Labour, Examination of the Placenta and Membranes, Monitoring in the Immediate Post Partum Period, Procedures during Normal Labour, ARM, Perineal Infiltration, Episiotomy, Perineal Tears, Urinary Catheterisation
4	Practical IV- Abnormal Delivery – Introduction, Assisted Breech Delivery, Management of Breech Presentation Brought in Later first Stage or Second Stage, Burn's Marshall Technique, Lovset Manoeuvre, Outlet Forceps Delivery, Indications, Prerequisites, Equipment and Supplies, Technique, Complications, Vacuum Extraction, Indications and Contraindications, Equipment and Supplies, Technique, Complications, Bimanual Compression of Uterus, External Bimanual Compression, Internal Bimanual Compression, Manual Removal of Placenta, Traumatic PPH, Diagnosis and Management of Cervical Tear, Vaginal Tear Repair, Vulval Haematoma

5	<p>Practical V- Method Specific Counselling For Contraception – Introduction, Method Specific Counselling, What is Method Specific Counselling?, Tips to the Provider, What to do during Method Specific Counselling?, Advantages, Learning Guides for Method Specific Counselling, Learning Guide for Counselling for Condom, Learning Guide for Counselling for OCP, Learning Guide for Counselling for IUCD, Learning Guide for Counselling for VSC, Learning Guide for Counselling for LAM</p>
6	<p>Practical VI- Contraceptive procedures: IUCD, Vasectomy and Tubectomy – Introduction, Copper-T Insertion, No Touch Technique, Learning Guides for Clinical Skills, Vasectomy, Pre-operative Tasks, Vasectomy Kit, Anaesthesia/Analgesia, Operative Procedure, Post-operative Care, Follow-up and Complications, Tubectomy, Pre-operative Tasks, List of Instruments and Supplies, Anaesthesia/Analgesia, Operative Procedure, Post-operative Care, Complications and Follow-up</p>
7	<p>Practical VII- Evacuation Of Uterus During Early Pregnancy – Introduction, Manual Vacuum Aspiration, Equipment, Drugs and Supplies, MVA Technique, Management of Problems during Procedure, Post-operative Care and Follow-up, Suction Evacuation, Equipment, Drugs and Supplies, Operative Procedure, Post-operative Care and Follow-up, Dilatation and Curettage, Equipment and Supplies, Pre-operative Assessment, Procedure, Complications, Infection Prevention, Universal Precautions, Sterilisation and Maintenance of Equipment, Waste Disposal</p>
8	<p>Practical VIII- Laboratory Procedures – Introduction, Haemoglobin Estimation, Tools, Procedure, Routine Urine Examination, Tools, Procedure, Collection of Pap Smear, Tools, Procedure, Vaginal Smear Examination, Investigations in a Case of Vaginal Discharge, Tools, Learning Guide and Skills, Post-coital Test (PCT), Tools, Technique, Interpretation of the Test, Fern Test for Detecting Amniotic Fluid, Let Us Sum Up</p>
9	<p>Practical IX- Commonly Used Instruments – Introduction, Instruments Used in Routine Clinical Examination, Instruments Used for Steadying Cervix and Uterus for Intrauterine Procedures, Instruments Introduced into the Cervical Canal and Uterine Cavity, Instruments to Hold Fallopian Tubes and Peritoneum, Other Common Instruments.</p>

LEARNING SOURCE: Self Learning Materials

ADDITIONAL READINGS:

- A. <http://www.reproductive-health-journal.com/>
- B. Women's reproductive health in India Editors Radhika Ramasubban, Shireen J. Jejeebhoy- Rawat Publications