

FELLOWSHIP IN MATERNAL AND CHILD HEALTH CARE NURSING

ABOUT THE COURSE:

Malla Reddy School of Nursing Science and Technology believes that registered nurses need to be trained in Maternal and child health care nursing in clinical and community settings in order to provide competent care to patients and enhance their quality of life. Nurses play vital role in prevention, promotion, curative and rehabilitative care. Expanding roles of nurses and advances in technology necessitate additional training to prepare them for effective participation in providing such vital role. This Fellowship program is designed for nurses to enhance their knowledge and skills towards Maternal and child health care nursing.

This fellowship course is developed to help the student to rendering normal and high-risk pregnant woman during antenatal, intranatal, post-natal periods and new born care in hospitals and community settings. It also helps to develop skills in managing normal and high-risk neonates and participate in family welfare programme. The course will further help the graduates to acquire knowledge and skills in providing comprehensive nursing care in such patients and attempts to explore and expand nursing knowledge through nursing research.

OBJECTIVES:

The graduates of fellowship students will be able to:

- Provide quality care to patients.
- Manage & supervise care of maternal and child health care nursing.
- Teach nurses, allied health professionals and family members in areas related to maternal and child health care nursing.
- Conduct research in areas of maternal and child health care nursing.

ELGIBILITY

- Registered BSc Nursing in India or equivalent.

DURATION: 52 Weeks or One Academic Year

COURSE DESCRIPTION

The course is designed to prepare registered B.Sc (N) with specialized knowledge, skills and attitude in providing advance quality care to maternal and child health to their families at all the three levels of care.

EVALUATION

The examination will be conducted by school of nursing science and technology, Malla Reddy Vishwavidhyapeeth deemed to be university.

CRITERIA TO APPEAR THE EXAM

- 80% attendance in theory
- 100% attendance in practical

CRITERIA TO PASS

- In order to pass a candidate should obtain 50% in theory and 50% in practical separately
- A candidate should get 50% in internal assessment.

AWARD OF CERTIFICATE

Certificate will be awarded by Malla Reddy Vishwavidhyapeeth deemed to be university

S.No	COURSE CODE	SUBJECTS	THEORY	LAB	CLINICAL	TOTAL
1		Basic Nursing For Maternal and Child Health Care (No Exam)	60	20	120	200
2		Maternal and Child Health Care Nursing – I	80	20	300	400
3		Maternal and Child Health Care Nursing – II	80	20	300	400

BASIC NURSING FOR MATERNAL AND CHILD HEALTH CARE

Theory: 60 hours

Lab: 20 hours

Practical: 120 hours

Unit	Hou rs	Learning objectives	Content	Teaching Learning Activity	Assessment Methods
I	20	- Understand the history of midwifery - Know maternal health issues and laws	Introduction and historical review <ul style="list-style-type: none"> • Early history of midwifery and evolution of obstetrics • Maternity care and practices in various cultures across the world. • Expanded role of the nurse in maternity and gynaecology. • Safe motherhood initiative • Maternal mortality, morbidity and perinatal mortality. • Legislation related to maternal benefits, MTP acts, incentives and Family planning. Family welfare programme. 	- Lectures - Discussions - Case studies	- Written tests - Presentations
Unit II	10	- Understand reproductive anatomy - Learn fertilization and development	Anatomy and physiology of female reproductive system <ul style="list-style-type: none"> • Review of anatomy and physiology of female reproductive system. • Female pelvis and foetal skull. • Menstrual cycle • Human reproduction, gametogenesis, fertilization, embryo. • Placenta, foetal membrane, liquor amnii, umbilical 	- Diagrams - Models	- Spotting tests - Diagram labeling - Quiz
Unit III	10	- Understand fetal development and circulation	Embryology <ul style="list-style-type: none"> • Development of fetus from conception to birth • The foetus, foetal growth, foetal physiology, foetal circulation. 	- Videos - Q&A sessions - Case-based learning	MCQs - Short answers - Peer teaching
Unit IV	10	- Understand basic genetics - Learn	Genetics <ul style="list-style-type: none"> • Review of Genetic disorders, Chromosomal abnormalities. 	- Lectures - Role play - Group work	- Case study analysis - Viva

		genetic disorders - Know the nurse's role in counseling	<ul style="list-style-type: none"> • Prediction & Prevention of congenital abnormalities, • Meaning of genetics and heredity • Mendelian laws of inheritance • Genetic disorders • Chromosomal errors • Inborn errors of metabolism • Multifactorial disorders (sickle cell anemia, thalassemia, hemophilia) • Genetic counselling • Nurses' role in genetic counselling 		- Group presentations
Unit V	10	- Learn about maternal & child health programs - Understand health education & population trends	Community Health <ul style="list-style-type: none"> • National health mission (specific to neonate) • Maternal and child health services and programs • Organization of services • Reproductive and Child Health program (RCH) (specific to neonate) • National Immunization program (specific to neonate) • Demography and family welfare • Definition, meaning, population trends-global and Indian • Health education: concepts, principles, approaches and methods • Integrated Management of Neonatal and Childhood Illnesses (IMNCI) 	- Field visits - Lectures - Simulations	- Field reports - Assignments - Presentations

MATERNAL AND CHILD HEALTH CARE NURSING – I

Theory: 80 hours

Lab: 20 Hours

Practical: 300 hours

Unit	Hours	Learning objectives	Content	Teaching Learning Activity	Assessment Methods
Unit - I	10	<ul style="list-style-type: none"> - Assess and manage normal pregnancy - Educate and prepare for childbirth 	Assessment and management of Pregnancy (ante-natal) <ul style="list-style-type: none"> • Normal pregnancy • Psychological changes during pregnancy. • Reproductive system • Cardio vascular system • Respiratory system • Urinary system • Gastro intestinal system • Metabolic changes • Skeletal changes • Skin changes • Endocrine system • Psychological changes • Discomforts of pregnancy • Diagnosis of pregnancy • Diagnosis of pregnancy Signs • Differential diagnosis • Confirmatory tests • Ante-natal care Objectives • Assessment • Physical examination • Antenatal examination • Signs of previous child-birth • Antenatal preparation • Antenatal counseling • Antenatal exercises • Diet • Substance use Education for child-birth • Husband and families • Preparation for safe confinement 	<ul style="list-style-type: none"> - Lectures, role-play, demonstrations - Antenatal clinic visits 	<ul style="list-style-type: none"> - Written tests - Case study reports - Practical demonstration

			<ul style="list-style-type: none"> • Prevention from radiation • Psycho-social and cultural aspects of pregnancy • Adjustment to pregnancy • Unwed mother • Single parent • Teenage pregnancySexual violence • Adoption 		
Unit - II	20	<ul style="list-style-type: none"> - Assess and manage women in labour - Care for mother and newborn during delivery 	Assessment and management of intranatal period. <ul style="list-style-type: none"> • Physiology of labour, • Mechanism of labour. • Management of labour • First stage symptoms of onset of labour • Labour room Woman • Assessment and observation of women in labour partogram maternal & foetal monitoring • Active management of labour, Induction of labour Pain relief & comfort in Labour • Second stage Labour • Signs and symptoms, normal & abnormal, duration • Conduct of delivery; • Principles & techniques Episiotomy (only if required) • Receiving the newborn Neonatal resuscitation • Initial steps & subsequent resuscitation • Care of umbilical cord • Immediate assessment including screening for • congenital anomalies <ul style="list-style-type: none"> - Identification - Bonding - Initiate feeding - Screening and transportation of the neonate 	<ul style="list-style-type: none"> - Simulation labs - Case-based discussions - Labour room posting 	<ul style="list-style-type: none"> - OSCE (Objective Structured Clinical Examination) - Skills checklist - Record evaluation

			<ul style="list-style-type: none"> • Third Stage labour • Signs and symptoms; normal and abnormal duration, Method of placenta expulsion • Management; • Principles, techniques and examination of the placenta Examination of perineum Maintaining records& reports 		
Unit - III	10	- Manage physical and emotional wellbeing post-birth - Promote lactation and family planning	Assessment and management of women during post natal period <ul style="list-style-type: none"> • Normal puerperium; • Physiology Duration • Postnatal assessment and management • Promoting physical & emotional wellbeing • Lactation management • Immunization • Family dynamics after child-birth. • Family welfare services, methods • Counseling, Follow –up • Records and reports 	- Lectures, group discussions - Postnatal ward experience	- Oral/viva exam - Observation checklist
Unit IV	10	- Assess and manage healthy newborns - Provide essential newborn care	Assessment and management of normal neonates: <ul style="list-style-type: none"> • Normal neonates, Physiological adaptation, • Initial & Daily assessment • Essential newborn care; Thermal control, • Breastfeeding, prevention of infections • Immunization • Minor disorders of newborn and its management, Levels of neonatal care(level I,II& III)At primary, secondary and tertiary levels maintenance of Reports& Records 	- Demonstrations - Neonatal unit observation - Skill stations	- Practical tests - MCQs - Checklist-based evaluation

Unit V	20	<p>- Manage newborn nutrition & hydration</p> <p>- Recognize danger signs and minor disorders</p>	<p>Normal Newborn:</p> <ul style="list-style-type: none"> • Definitions & terminology • Examination of newborn • Recognition of danger signs in a baby • Common minor neonatal disorders • Care of normal newborn • Immediate care • Routine care – Transition care • Daily care- Home Care • Physiological adaptation of the neonate Fluid & electrolyte balance, Thermoregulation prevention of hypothermia • Kangaroo Mother Care (KMC) • Neonatal Feeding Physiology of breast and milk secretion Principles of feeding & nutrition • Feeding of normal babies • Breast feeding & maintenance of lactation • Human milk bank • Managing breast feeding problems • Feeding of LBW babies • Artificial feeding – Enteral, Parenteral, Katori spoon, Gavage feeding • Total Parental Nutrition(TPN) • Fluid & electrolyte therapy 	<p>- Demonstrations on feeding</p> <p>- Counseling sessions</p> <p>- Home care planning</p>	<p>- Simulation test</p> <p>- Case scenarios</p> <p>- Viva on feeding methods</p>
Unit VI	10	<p>- Implement infection control in neonatal care</p> <p>- Apply standard safety protocols</p>	<p>Prevention of Infections:</p> <ul style="list-style-type: none"> • Principles of prevention of infections in NICU • Standard safety measures • Hand washing, Housekeeping routines • Disinfections & sterilization Biomedical waste management 	<p>- Demonstrations</p> <p>- NICU observation</p> <p>- Infection control drills</p>	<p>- Skills demonstration</p> <p>- Logbook review</p> <p>- Spot test on procedures</p>

MATERNAL AND CHILD HEALTH CARE NURSING – II

Theory: 80 hours

Lab: 20 Hours

Practical: 300 hours

Unit	Hours	Learning objectives	Content	Teaching Learning Activity	Assessment Methods
Unit-I	10	<ul style="list-style-type: none"> Recognize causes and complications of high-risk pregnancies. Describe clinical features and management of abnormal pregnancy conditions. Understand nursing roles in care and documentation 	High Risk Pregnancy <ul style="list-style-type: none"> Abortion Hydatidiform mole Ectopic pregnancy Medical termination of pregnancy Antepartum hemorrhage – Placenta previa, Abruptio placenta Vomiting in pregnancy Pregnancy in Rh negative women Multiple pregnancy, hydramnios Preterm labour Premature rupture of membrane IUGR, postdatism Pregnancy with previous caesarean section Fibroid with pregnancy Ovarian tumour with pregnancy 	<ul style="list-style-type: none"> Lecture with visuals Case-based learning Group discussion Video demonstration of procedures 	<ul style="list-style-type: none"> Written tests (MCQs, SAQs) Case study presentation Viva voce Clinical evaluation
Unit-II	10	<ul style="list-style-type: none"> Identify abnormal presentations and complications of labour. Explain causes, signs, and management strategies. Implement nursing care plans for labour complications. 	High risk labor <ul style="list-style-type: none"> Abnormal presentation – Unstable lie, Occipitoposterior, face and brow presentation Breech presentation, compound presentation Abnormal uterine action in labour and active management of labour Contracted pelvis and CPD Obstructed labour, rupture of uterus, injuries of maternal birth canal, cord prolapsed. 	<ul style="list-style-type: none"> Simulation exercises Clinical demonstration in labour room Group projects on labour case scenarios 	<ul style="list-style-type: none"> Objective Structured Clinical Examination (OSCE) Chart reviews Written test Direct observation in clinical area

Unit - III	10	<ul style="list-style-type: none"> • Assess and manage postnatal complications. • Recognize mental health disorders in puerperium. • Educate mothers on postnatal self-care. 	Abnormalities of puerperium : <ul style="list-style-type: none"> • Puerperial pyrexia and sepsis • Post partum haemorrhage • Breast complications – Breast engorgement, breast abscess, acute mastitis • Psychiatric disorders in puerperium 	<ul style="list-style-type: none"> • Role play • Teaching session to mothers • Clinical rotations in postnatal wards 	<ul style="list-style-type: none"> • Clinical performance appraisal • Oral questioning • OSCE
Unit- IV	5	<ul style="list-style-type: none"> • Understand screening tools and levels of care. • Manage medical, surgical, and infectious complications. • Apply nursing process to high-risk conditions. 	High risk pregnancy assessment &management: <ul style="list-style-type: none"> • Screening &assessment • Ultrasonics, cardiotocography, NST, CST, non-invasive & invasive, • Newer modalities of diagnosis • High – risk approach • Levels of care ;primary secondary & tertiary levels • Disorders of pregnancy • Hyper- emesis gravidarum, bleeding in early pregnancy, abortion, ectopic pregnancy, vesicular mole, Ante-partum haemorrhage • Uterine abnormality and displacement. • Diseases complicating pregnancy • Medical & surgical conditions • Infections, RTI(STD), UTI, HIV, TORCH • Gynecological diseases complicating pregnancy • Pregnancy induced hypertension & diabetes, • Toxemia of pregnancy, • Hydramnios, • Rh incompatibility • Mental disorders 	<ul style="list-style-type: none"> • Interactive lecture • Diagnostic tool demonstrations • Record analysis workshops 	<ul style="list-style-type: none"> • Practical exam • Case presentations • Written assignment

			<ul style="list-style-type: none"> • Adolescent pregnancy, Elderly primi and grand multipara • Multiple Pregnancy • Abnormalities of placenta & cord • Intra uterine growth retardation • Nursing management of mothers with high- risk pregnancy • Maintenance of Records & Report 		
Unit-V	5	<ul style="list-style-type: none"> • Evaluate and manage complicated labour scenarios. • Describe obstetric emergencies and interventions. • Perform nursing interventions effectively. 	<p>Abnormal Labour Assessment and Management:</p> <ul style="list-style-type: none"> • Disorders in labour CPD & contracted pelvis • Malpositions and malpresentations • Premature labour, disorders of uterine actions–precipitate labour, prolonged <p>Complications of third stage:</p> <ul style="list-style-type: none"> • Injuries to birth canal • Obstetrical emergencies and their management; Presentation & prolapsed of cord, Vasapraevia, • Amniotic fluid embolism • Rupture of uterus, shoulder dystocia, obstretical shock • Obstetrical procedures & operations; • Induction of labour, • Forceps, vacuum version, • Manual removal of placenta, caesarean section, destructive operations • Nursing management of women undergoing Obstetrical operations and procedures 	<ul style="list-style-type: none"> • Simulation of obstetric emergencies • Skills lab practice • Supervised clinical practice 	<ul style="list-style-type: none"> • OSCE • Clinical log book • Skills checklist • Viva voce
Unit-VI	10	<ul style="list-style-type: none"> • Detect and manage postpartum complications. • Address psychological needs and complications. 	<p>Abnormalities during postnatal periods :</p> <ul style="list-style-type: none"> • Assessment and management of woman with postnatal complications • Puerperial infections, breast engorgement & infections, UTI, thrombi Embolic disorders, 	<ul style="list-style-type: none"> • Peer group discussion • Case study analysis 	<ul style="list-style-type: none"> • Patient education evaluation • OSCE

		<ul style="list-style-type: none"> • Deliver comprehensive postnatal care. 	Postpartum haemorrhage, <ul style="list-style-type: none"> • Eclampsia and sub involution, • Psychological complications: • Post partum Blues • Post partum Depression • Post partum Psychosis 		
Unit-VII	5	<ul style="list-style-type: none"> • Understand common obstetric medications. • Administer drugs safely and monitor effects. • Explain nursing responsibilities in pharmacologic care. 	Pharmaco- therapeutics in obstetrics: <ul style="list-style-type: none"> • Indication, dosage, action • contraindication & side effects of drugs • Effect of drugs on pregnancy, labour & puerperium, • Nursing responsibilities in the administration of drug in Obstetrics – Oxytocins, antihypertensives, diuretics, tocolytic agents, anti-convulsants; • Analgesics and anesthetics in obstetrics. • Effects of maternal medication on foetus & neonate • Analgesics and Anaesthetics in obstetrics oxytocics, Other drugs - Uterine muscle relaxant methergin etc., Effect of maternal drugs on the new born. Drugs used in Newborn. • Nurse's responsibilities in drug administration. 	<ul style="list-style-type: none"> • Drug card preparation • Medication administration simulation • Case-based discussions 	<ul style="list-style-type: none"> • Drug quiz • OSCE • Drug card evaluation • Observation in clinical area
Unit-VIII	10	<ul style="list-style-type: none"> • Identify needs of high-risk neonates. • Provide specialized nursing care in NICU. • Document care appropriately. 	Assessment and Management High risk newborn. <ul style="list-style-type: none"> • Admission of neonates in the neonatal intensive care units protocols • Nursing management of: Low birth weight babies <ul style="list-style-type: none"> - Infections - Respiratory problems - Haemolytic disorders - Birth injuries - Malformations • Monitoring of high risk neonates • Feeding of high risk neonates • Organization & Management of 	<ul style="list-style-type: none"> • NICU rounds • Equipment handling sessions • Feeding technique demonstration 	<ul style="list-style-type: none"> • NICU care logbook • Feeding technique evaluation • Clinical skill checklist • Written exam

			neonatal intensive care units <ul style="list-style-type: none"> • Maintenance of reports and records. 		
Unit-IX	10	<ul style="list-style-type: none"> • Plan and manage unit operations. • Support staff development and research. • Maintain records and uphold standards. 	Administration and Management of maternity and Neonatal Unit: <ul style="list-style-type: none"> • Formulating philosophy of unit Establishing objectives Design and layout, Staffing, Setting Standards • Equipment and supplies, budget, Records and Reports. • Education, Training and Research in Maternity Staff Development program (Orientation Inservice education) • Clinical teaching program Identify problem for research • Participate/ conduct research in obstetrical nursing • Implementation of research findings. 	<ul style="list-style-type: none"> • Group planning exercise • Budget planning workshop • Research project review 	<ul style="list-style-type: none"> • Management assignment • Presentation • Teaching evaluation • Written test
Unit-X	5	<ul style="list-style-type: none"> • Understand national and global family welfare initiatives. • Educate and counsel families on contraception and infertility. • Collaborate with community workers effectively. 	Family welfare programme <ul style="list-style-type: none"> • Population trends and problems in India Concepts, aims, importance and history of family welfare programme • National Population: dynamics, policy & education National family welfare programme; RCH, ICDS, MCH. • Safe Motherhood. • Assessment of patient management problems administration ; at national state, district, block and village levels • Methods of contraception; spacing, temporary & permanent, • Emergency contraception • Infertility & its management • Counseling for family welfare programme • Latest research in contraception • Maintenance of vital statistics • Role of national, international 	<ul style="list-style-type: none"> • Community visits • Role play for counselling • Demonstration of contraceptive use 	<ul style="list-style-type: none"> • Community project report • Counselling session assessment • Family planning viva • MCQ test

			and voluntary organizations <ul style="list-style-type: none"> • Role of a nurse in family welfare programme • Training/Supervision/Collaboration with other functionaries in community like ANMs, LHV, Anganwadi workers, TBAs(Traditional birth attendant-Dai) 		
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Research Activity:

An independent research is to be carried out by the student.

ESSENTIAL CRITICAL CARE NURSING SKILLS

I. Procedures Observed

1. CT Scan
2. MRI
3. EEG
4. Hemodialysis
3. Echo cardiogram
4. Ultrasound head
5. ROP screening (Retinopathy of prematurity)
6. Antenatal per vaginal exam
7. Postnatal per vaginal exam

II. Procedures Assisted

1. Advanced neonatal life support
2. Lumbar Puncture
3. Arterial Blood Gas /Arterial line//blood taking
4. Arterial B P monitoring
5. Umbilical catheterization- arterial and venous
6. ECG recording
7. Blood transfusion- exchange transfusion full and partial
8. IV cannulation therapy
9. Arterial Catheterization
10. Chest tube insertion
11. Endotracheal intubations
12. Ventilation
13. Insertion of central line/cvp line
14. APGAR Score

15. New born reflexes
16. Conduct normal delivery
17. Antenatal per vaginal exam
18. Postnatal per vaginal exam
19. IUD insertion & removal.
20. PV examinations
21. Episiotomy & suturing

III. Procedure Performed

1. Airway Management
 - a) Application of Oro Pharyngeal Airway
 - b) Oxygen therapy
 - c) CPAP (Continuous Positive Airway Pressure)
 - d) Care of Tracheostomy
 - e) Endotracheal Intubation
2. Neonatal Resuscitation
3. Monitoring of Neonates- clinically & with monitoring, CRT (Capillary Refill Time), assessment of jaundice, ECG
4. Gastric lavage
5. Setting of Ventilators
6. Phototherapy
7. Assessment of Neonates: Identification & assessment of risk factors, APGAR Score, reflexes, gestation age, Anthropometric assessment, Weighing the baby, Newborn examination, detection of life-threatening congenital abnormalities.
8. Admission & discharge of neonates
9. Feeding- management of breast feeding, artificial feeding, expression of breast milk, Orogastric (OG) tube insertion, gavage feeding, TPN, Breast feeding counselling.
10. Managing breast feeding problems-Feeding of LBW babies, Artificial feeding – Enteral, Parenteral, Katori spoon, Gavage feeding, Total Parental Nutrition(TPN)&Fluid & electrolyte therapy
11. Thermoregulation –Axillary temperature, Kangaroo Mother Care (KMC), Use of Radiant warmer, incubators, management of thermoregulation & control.
12. Administration of Drugs: I/M, IV injection, IV Cannulation & fixation infusion pump, Calculation of dosages, Neonatal formulation of drugs, use of tuberculin/ insulin syringes, Monitoring fluid therapy, Blood administration.
13. Procedures for prevention of infections: Hand washing, disinfections & sterilization, surveillance, fumigation.
14. Collection of specimens.

15. Setting, Use & maintenance of basic equipment: Ventilator, O2 analyser, monitoring equipment, Photo therapy unit, Flux meter, Infusion pump, Radiant warmer, incubator, Centrifuge machine, Bili meter, Refractometer, laminar flow.
16. Conduct normal delivery
17. Antenatal per vaginal exam
18. Postnatal per vaginal exam
19. IUD insertion & removal.
20. PV examinations
21. Episiotomy & suturing

Signature of Resident/SNO