

## **CHILD HEALTH NURSING - I**

**PLACEMENT:** V SEMESTER

**THEORY:** 3 Credits (60 hours)

**PRACTICUM:** Lab/Skill Lab: 1 Credit (40 hours)      Clinical: 2 Credits (160 hours)

**DESCRIPTION:** This course is designed for developing an understanding of the modern approach to child-care, identification, prevention and nursing management of common health problems of neonates and children.

**COMPETENCIES:** On completion of the course, the students will be able to

1. Develop understanding of the history and modern concepts of child health and child-care.
2. Explore the national child welfare services, national programs and legislation in the light of National Health Policy 2017.
3. Describe the role of preventive pediatrics and perform preventive measures towards accidents.
4. Participate in national immunization programs/Universal Immunization Program (UIP).
5. Identify the developmental needs of children and provide parental guidance.
6. Describe the principles of child health nursing and perform child health nursing procedures.
7. Demonstrate competencies in newborn assessment, planning and implementation of care to normal and high-risk newborn including neonatal resuscitation.
8. Apply the principles and strategies of Integrated management of neonatal and childhood illness (IMNCI).
9. Apply the knowledge of pathophysiology and provide nursing care to children with respiratory system disorders.
10. Identify and meet childhood emergencies and perform child CPR.

## COURSE OUTLINE

T – Theory, L/SL – Lab/Skill Lab

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
I	10 (T) 10 (L)	Explain the modern concept of child-care  Describe National policy, programs and legislation in relation to child health & welfare  Describe role of preventive pediatrics	<b>Introduction: Modern concepts of child-care</b> <ul style="list-style-type: none"> <li>• Historical development of child health</li> <li>• Philosophy and modern concept of child-care</li> <li>• Cultural and religious considerations in child-care</li> <li>• National policy and legislations in relation to child health and welfare</li> <li>• National programs and agencies related to welfare services to the children</li> <li>• Internationally accepted rights of the child</li> <li>• Changing trends in hospital care, preventive, promotive and curative aspect of child health</li> <li>• <i>Preventive pediatrics:</i> <ul style="list-style-type: none"> <li>○ Concept</li> <li>○ Immunization</li> <li>○ Immunization programs and cold</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Discussion</li> <li>• Demonstration of common pediatric procedures</li> </ul>	<ul style="list-style-type: none"> <li>• Short answer</li> <li>• Objective type</li> <li>• Assessment of skills with checklist</li> </ul>

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
		<p>List major causes of death during infancy, early &amp; late childhood</p> <p>Differentiate between an adult and child in terms of illness and response</p> <p>Describe the major functions &amp; role of the pediatric nurse in caring for a hospitalized child.</p> <p>Describe the principles of child health nursing and perform child health nursing procedures</p>	<p>chain.</p> <ul style="list-style-type: none"> <li>○ Care of under-five and Under-five Clinics/Well-baby clinics</li> <li>○ Preventive measures towards accidents</li> <li>• Child morbidity and mortality rates</li> <li>• Difference between an adult and child which affect response to illness <ul style="list-style-type: none"> <li>○ Physiological</li> <li>○ Psychological</li> <li>○ Social</li> <li>○ Immunological</li> </ul> </li> <li>• Hospital environment for sick child</li> <li>• Impact of hospitalization on the child and family</li> <li>• Communication techniques for children</li> <li>• Grief and bereavement</li> <li>• The role of a child health nurse in caring for a hospitalized child</li> <li>• Principles of pre and postoperative care of infants and children.</li> </ul> <p><i>Child Health Nursing procedures:</i></p> <ul style="list-style-type: none"> <li>• Administration of medication: oral, I/M, &amp; I/V</li> <li>• Calculation of fluid requirement</li> <li>• Application of restraints</li> <li>• Assessment of pain in children. <ul style="list-style-type: none"> <li>○ FACES pain rating scale</li> <li>○ FLACC scale</li> <li>○ Numerical scale</li> </ul> </li> </ul>		
<b>II</b>	12 (T)	<p>Describe the normal growth and development of children at different ages</p> <p>Identify the needs of children at different ages &amp; provide parental guidance</p> <p>Identify the nutritional needs of children at different ages &amp; ways</p>	<p><b>The Healthy Child</b></p> <ul style="list-style-type: none"> <li>• Definition and principles of growth and development</li> <li>• Factors affecting growth and development</li> <li>• Growth and development from birth to adolescence</li> <li>• Growth and developmental theories (Freud, Erickson, Jean Piaget, Kohlberg)</li> <li>• The needs of normal children through the stages of developmental and parental guidance</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Discussion</li> <li>• Demonstration</li> <li>• Developmental study of infant and children</li> <li>• Observation study of normal &amp; sick child</li> <li>• Field visit to Anganwadi, child guidance clinic</li> <li>• Videos on breast feeding</li> </ul>	<ul style="list-style-type: none"> <li>• Short answer</li> <li>• Objective type</li> <li>• Assessment of field visits and developmental study reports</li> </ul>

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
		of meeting needs  Identify the role of play for normal & sick children	<ul style="list-style-type: none"> <li>Nutritional needs of children and infants               <ul style="list-style-type: none"> <li>breast feeding</li> <li>exclusive breast feeding</li> <li>Supplementary/artificial feeding and weaning</li> </ul> </li> <li>Baby friendly hospital concept</li> <li>Types and value of play and selection of play material</li> </ul>	<ul style="list-style-type: none"> <li>Clinical practice/field</li> </ul>	
<b>III</b>	15 (T) 20 (L)	Provide care to normal and high- risk neonates  Perform neonatal resuscitation  Recognize and manage common neonatal problems	<b>Nursing care of neonate:</b> <ul style="list-style-type: none"> <li>Appraisal of Newborn               <ul style="list-style-type: none"> <li>Nursing care of a normal newborn/essential newborn care</li> </ul> </li> <li>Neonatal resuscitation               <ul style="list-style-type: none"> <li>Nursing management of low birth weight baby</li> </ul> </li> <li>Kangaroo mother care               <ul style="list-style-type: none"> <li>Nursing management of common neonatal disorder                   <ul style="list-style-type: none"> <li>Hyperbilirubinemia</li> <li>Hypothermia</li> <li>Hyperthermia</li> <li>Metabolic disorder</li> <li>Neonatal infections</li> <li>Neonatal seizures</li> <li>Respiratory distress syndrome</li> <li>Retinopathy of Prematurity</li> </ul> </li> </ul> </li> <li>Organization of neonatal care unit</li> <li>Neonatal equipment</li> </ul>	<ul style="list-style-type: none"> <li>Modular based teaching: <b>ENBC and FBNC module (oral drills, videos, self-evaluation exercises)</b></li> <li>Workshop on neonatal resuscitation: NRP module</li> <li>Demonstration</li> <li>Practice Session</li> <li>Clinical practice</li> <li>Lecture Discussion</li> </ul>	<ul style="list-style-type: none"> <li>OSCE</li> <li>Short answer</li> <li>Objective type</li> </ul>
<b>IV</b>	10 (T) 5 (L)	Apply principles and strategies of IMNCI	<b>Integrated management of neonatal and childhood illnesses</b>	<i>Modular based teaching:</i> <b>IMNCI module</b> <ul style="list-style-type: none"> <li>Clinical practice/field</li> </ul>	<ul style="list-style-type: none"> <li>OSCE</li> </ul>
<b>V</b>	8 (T)	Describe the etiology, pathophysiology, clinical manifestation and nursing management of children with disorders of respiratory, and endocrine system	<b>Nursing management in common childhood diseases</b> <b>Respiratory system:</b> <ul style="list-style-type: none"> <li>Identification and Nursing management of congenital malformations</li> <li>Congenital disorders: Tracheoesophageal fistula, Diaphragmatic hernia</li> </ul>	<ul style="list-style-type: none"> <li>Lecture Discussion</li> <li>Demonstration</li> <li>Practice session</li> <li>Clinical practice</li> </ul>	<ul style="list-style-type: none"> <li>Short answer</li> <li>Objective type</li> <li>Assessment of skills with checklist</li> </ul>

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
			<ul style="list-style-type: none"> <li>Others: Acute naso-pharyngitis, Tonsillitis, Croup, Bronchitis, Bronchiolitis, Pneumonia, Asthma</li> </ul> <b>Endocrine system:</b> <ul style="list-style-type: none"> <li>Juvenile Diabetes mellitus, Hypo-thyroidism</li> </ul>		
<b>VI</b>	5 (T) 5 (L)	Develop ability to meet child- hood emergencies and perform child CPR	<b>Childhood emergencies</b> <ul style="list-style-type: none"> <li>Accidents – causes and prevention, Poisoning, Foreign bodies, Hemorrhage, Burns and Drowning</li> <li>PLS (AHA Guidelines)</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Discussion</li> <li>Demonstration</li> <li>PLS Module/ Workshop</li> </ul>	<ul style="list-style-type: none"> <li>OSCE</li> </ul>

## **CHILD HEALTH NURSING - I & II CLINICAL (3 Credits – 240 hours)**

**PLACEMENT:** V & VI SEMESTER

**PRACTICUM:** Skill Lab: 1 Credit (40 hours)

**Clinical:** V SEMESTER – 2 Credits (160 hours) VI SEMESTER – 1 Credit (80 hours)

**PRACTICE COMPETENCIES:** On completion of the course, the students will be able to

1. Perform assessment of children: health, developmental & anthropometric.
2. Provide nursing care to children with various medical disorders.
3. Provide pre & postoperative care to children with common pediatric surgical conditions/malformation.
4. Perform immunization as per NIS.
5. Provide nursing care to critically ill children.
6. Give health education/nutritional education to parents.
7. Counsel parents according to identified counseling needs.

### **Skill Lab**

Use of Manikins and  
Simulators PLS, CPAP,  
Endotracheal Suction

### **Pediatric Nursing**

#### **Procedures:**

- Administration of medication – Oral, IM & IV
- Oxygen administration
- Application of restraints
- Specimen collection
- Urinary catheterization and drainage
- Ostomy care
- Feeding – NG, gastrostomy, Jejunostomy
- Wound dressing
- Suture removal

## CLINICAL POSTINGS

8 weeks × 30 hours per week (5 weeks + 3 weeks)

Clinical area/unit	Duration (Weeks)	Learning Outcomes	Procedural Competencies/ Clinical Skills	Clinical Requirements	Assessment Methods
Pediatric Medical Ward	V Sem – 2 weeks  VI Sem – 1 week	<ul style="list-style-type: none"> <li>● Provide nursing care to children with various medical disorders</li> </ul>	<ul style="list-style-type: none"> <li>● Taking pediatric history</li> <li>● Physical examination &amp; assessment of children</li> <li>● Administration of oral, I/M, &amp; I/V medicine/fluids</li> <li>● Calculation of fluid replacement</li> <li>● Preparation of different strengths of I/V fluids</li> <li>● Application of restraints</li> <li>● Administration of O<sub>2</sub> inhalation by different methods</li> <li>● Baby bath/sponge bath</li> <li>● Feeding children by Katori spoon, Paladai cup</li> <li>● Collection of specimens for common investigations</li> <li>● Assisting with common diagnostic procedures</li> <li>● Teaching mothers/ parents                             <ul style="list-style-type: none"> <li>○ Malnutrition</li> <li>○ Oral rehydration therapy</li> <li>○ Feeding &amp; Weaning</li> <li>○ Immunization schedule</li> </ul> </li> <li>● Play therapy</li> </ul>	<ul style="list-style-type: none"> <li>● Nursing care plan – 1</li> <li>● Case study presentation – 1</li> <li>● Health talk – 1</li> </ul>	<ul style="list-style-type: none"> <li>● Assess performance with rating scale</li> <li>● Assess each skill with checklist OSCE/OSPE</li> <li>● Evaluation of case study/ presentation &amp; health education session</li> <li>● Completion of activity record</li> </ul>
Pediatric Surgical Ward	V Sem – 2 weeks  VI Sem – 1 week	<ul style="list-style-type: none"> <li>● Recognize different pediatric surgical conditions/ malformations</li> <li>● Provide pre &amp; post-operative care to children with common paediatric surgical conditions/ malformation</li> <li>● Counsel &amp; educate parents</li> </ul>	<ul style="list-style-type: none"> <li>● Calculation, preparation &amp; administration of I/V fluids</li> <li>● Bowel wash, insertion of suppositories</li> <li>● Care for ostomies:                             <ul style="list-style-type: none"> <li>○ Colostomy Irrigation</li> <li>○ Ureterostomy</li> <li>○ Gastrostomy</li> <li>○ Enterostomy</li> </ul> </li> <li>● Urinary catheterization &amp; drainage</li> <li>● Feeding                             <ul style="list-style-type: none"> <li>○ Naso-gastric</li> <li>○ Gastrostomy</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Nursing care plan – 1</li> <li>● Case study/ presentation – 1</li> </ul>	<ul style="list-style-type: none"> <li>● Assess performance with rating scale</li> <li>● Assess each skill with checklist OSCE/OSPE</li> <li>● Evaluation of case study/ presentation</li> <li>● Completion of activity record</li> </ul>

Clinical area/unit	Duration (Weeks)	Learning Outcomes	Procedural Competencies/ Clinical Skills	Clinical Requirements	Assessment Methods
			<ul style="list-style-type: none"> <li>○ Jejunostomy</li> <li>● Care of surgical wounds</li> <li>○ Dressing</li> <li>○ Suture removal</li> </ul>		
Pediatric OPD/ Immunization room	V Sem – 1 week	<ul style="list-style-type: none"> <li>● Perform assessment of children: health, developmental &amp; anthropometric</li> <li>● Perform immunization</li> <li>● Give health education/ nutritional education</li> </ul>	<ul style="list-style-type: none"> <li>● Assessment of children <ul style="list-style-type: none"> <li>○ Health assessment</li> <li>○ Developmental assessment</li> <li>○ Anthropometric assessment</li> <li>○ Nutritional assessment</li> </ul> </li> <li>● Immunization</li> <li>● Health/Nutritional education</li> </ul>	<ul style="list-style-type: none"> <li>● Growth and developmental study: <ul style="list-style-type: none"> <li>Infant – 1</li> <li>Toddler – 1</li> <li>Preschooler – 1</li> <li>Schooler – 1</li> <li>Adolescent – 1</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Assess performance with rating scale</li> <li>● Completion of activity record.</li> </ul>
NICU & PICU	VI Sem – 1 week	<ul style="list-style-type: none"> <li>● Provide nursing care to critically ill children</li> </ul>	<ul style="list-style-type: none"> <li>● Care of a baby in incubator/warmer</li> <li>● Care of a child on ventilator, CPAP</li> <li>● Endotracheal Suction</li> <li>● Chest Physiotherapy</li> <li>● Administration of fluids with infusion pumps</li> <li>● Total Parenteral Nutrition</li> <li>● Phototherapy</li> <li>● Monitoring of babies</li> <li>● Recording &amp; reporting</li> <li>● Cardiopulmonary Resuscitation (PLS)</li> </ul>	<ul style="list-style-type: none"> <li>● Newborn assessment – 1</li> <li>● Nursing Care Plan – 1</li> </ul>	<ul style="list-style-type: none"> <li>● Assess performance with rating scale</li> <li>● Evaluation of observation report</li> <li>● Completion of activity record</li> </ul>

## References

1. Ghai O.p. et al. (2000) Ghai's Essentials of Paediatrics. 1<sup>st</sup>edn. Mehta offset works. New Delhi.
2. Marlow Dorothy & Redding. (2001) Textbook of Paed. Nsg. 6<sup>th</sup>edn. Harbarcourt India ltd. New Delhi
3. Parthasarathy et al. (2000) IAP Textbook of Paediatric Nsg. Jaypee bros., 2<sup>nd</sup> ed. New Delhi.
4. Vishwanathan & Desai. (1999) Achar's Textbook of Paediatrics 3<sup>rd</sup>ed. Orient Longman. Chennai.
5. Wong Dona et al. Whaley & Wong's Nursing care of infants & children.6<sup>th</sup> edn. Mosby co. Philadelphia.
6. Dr. C.S. Waghale, Principles and Practice of Clinical Pediatrics, Vora publication 1996