



SEMESTER – II

PAPER CODE	SUBJECT NAME	THEORY HOURS	PRACTICAL HOURS	THEORY MARKS	PRACTICAL MARKS
NA201	PRINCIPLE OF NURSING ASSISTANT	45 Min	1 Hrs.	50	50
NA202	COMMUNITY HEALTH NURSING	45 Min	1 Hrs.	50	50
NA203	NUTRITION, FAMILY PLANNING	45 Min	1 Hrs.	50	50
NA 204	INTERACTION WITH NURSING STAFF & PATIENTS	45 Min	1 Hrs.	50	50

PRINCIPLE OF NURSING ASSISTANT

THEORY

1: Introduction to Nursing

- Definition and scope of nursing
- Functions of a nursing assistant
- Qualities of a good nurse
- Code of ethics and professional behavior
- Role of nursing assistant in the healthcare team
- Hospital and community-based nursing

2: Basic Human Needs & Patient Care

- Needs of patients: physical, psychological, spiritual
- Comfort devices: pillows, backrest, bed cradles, etc.
- Principles of bed making: types of beds
- Admission, transfer, and discharge of patients
- Patient positioning and movement techniques
- Care of pressure points and prevention of bedsores
- Assisting in activities of daily living (ADL)

3: Hygiene & Personal Care

- Maintenance of personal hygiene of patients
- Bathing (bed bath, sponge bath, tub bath)
- Mouth care (including unconscious patients)



- Hair care, nail care, and skin care
- Perineal care
- Care of dentures, eyes, and hearing aids
- Menstrual hygiene

4: Basic Nursing Procedures

- Handwashing and hand hygiene techniques
- Vital signs measurement: temperature, pulse, respiration, blood pressure
- Intake and output charting
- Collection of urine, stool, sputum specimens
- Administration of oral medications (under supervision)
- Assisting in enemas, suppositories
- Wound dressing assistance
- Assisting in oxygen therapy

5: Mobility and Safety

- Moving and lifting patients safely
- Use of wheelchairs, stretchers, walkers
- Fall prevention measures
- Application of restraints (as per guidelines)
- Infection prevention and control
- Aseptic techniques and isolation precautions
- Biomedical waste segregation

6: Nutrition & Feeding

- Principles of nutrition
- Assisting with feeding (oral and nasogastric)
- Fluid balance and types of fluids
- Feeding patients with special needs (disabled, elderly)

7: Communication in Nursing

- Basic principles of communication
- Nurse-patient relationship
- Verbal and non-verbal communication
- Handling patient complaints
- Reporting and documentation
- Record keeping and observation charts



8: First Aid & Emergency Care (*Introductory Level*)

- Basic life support (BLS) introduction
- First aid in burns, cuts, fainting, fractures
- Assisting in emergency procedures
- Calling for help and ensuring safety

9: Terminal Care & Death

- Care of the dying patient
- Signs of approaching death
- Post-mortem care
- Emotional support to family
- Ethical and cultural considerations

PRACTICAL

➤ **Basic Patient Care Skills**

1. **Hand hygiene** – medical and surgical handwashing techniques
2. **Bed making** – open bed, closed bed, occupied bed, operation bed
3. **Positioning of patients** – supine, prone, lateral, Fowler's, Trendelenburg
4. **Use of comfort devices** – pillows, bed cradles, back rest
5. **Admission and discharge procedures** – patient orientation & documentation

➤ **Personal Hygiene & Assistance**

6. **Bed bath, sponge bath, and assisted bath**
7. **Mouth care** – for conscious and unconscious patients
8. **Hair care** – combing, oiling, and washing
9. **Nail care** – trimming and cleaning
10. **Perineal care** – male and female patients
11. **Changing of garments and bed linen** for bed-ridden patients

➤ **Vital Signs Monitoring**

12. **Measuring temperature** – oral, axillary, rectal (models)
13. **Pulse measurement** – radial, apical
14. **Respiration rate** – observing and recording
15. **Blood pressure measurement** – using manual sphygmomanometer
16. **Recording and charting vital signs** in patient files



➤ **Nutritional Support**

17. **Assisting with feeding** – normal, ill, and unconscious patients
18. **Measuring intake and output**
19. **Maintaining fluid balance chart**
20. **Nasogastric feeding (observation/assistance)**

➤ **Elimination Needs**

21. **Assisting in urination and defecation**
22. **Providing bedpan and urinal**
23. **Enema administration (demonstration)**
24. **Collection of stool and urine specimens**
25. **Catheter care (observation/practice on models)**

➤ **Infection Control & Safety**

26. **Donning and removing gloves, gown, mask, cap**
27. **Disinfection of articles**
28. **Aseptic technique demonstration**
29. **Handling and disposal of biomedical waste**
30. **Care of linen and personal protective equipment (PPE)**

➤ **Communication & Documentation**

31. **Introduction to patient and establishing rapport**
32. **Reporting patient condition to supervisor**
33. **Filling of admission and daily care forms**
34. **Maintaining nursing care records and charts**

➤ **Observation & Recording**

35. **Observation of symptoms: fever, cyanosis, dehydration, pain**
36. **Recognizing abnormal pulse, respiration, BP**
37. **Use of observation charts**
38. **Reporting changes in condition to senior staff**

COMMUNITY HEALTH NURSING

THEORY



1: Introduction to Community Health Nursing

- Definition, concept & objectives of community health nursing
- History and development of community health in India
- Principles of community health nursing
- Difference between institutional and community health nursing
- Role and responsibilities of Nursing Assistant in community health

2: Health Care Delivery System in India

- Levels of health care (primary, secondary, tertiary)
- Sub-centers, PHCs, CHCs, and district hospitals
- Introduction to Indian Public Health Standards (IPHS)
- Health care teams and referral system
- AYUSH systems of medicine

3: Demography and Vital Statistics

- Definition and uses of demography
- Demographic cycle
- Vital statistics: birth rate, death rate, IMR, MMR, morbidity rates
- Census and sample registration system (SRS)

4: Environmental Sanitation

- Safe water sources and purification of water
- Disposal of waste: solid waste, human excreta, sewage
- Environmental pollution: air, water, soil, noise
- Role of Nursing Assistant in environmental health
- Personal hygiene and community hygiene

5: Nutrition and Health

- Basic nutrients and their functions
- Balanced diet and nutritional needs for various age groups
- Malnutrition and deficiency diseases (kwashiorkor, marasmus, anemia)
- Nutrition education in the community
- Common community-based nutrition programs (ICDS, Mid-Day Meal)

6: Communicable Diseases

- Modes of transmission
- Signs, symptoms, prevention & control of diseases like:
 - Tuberculosis, Leprosy, Malaria, Dengue



- HIV/AIDS, Hepatitis, Typhoid, Cholera, Diarrhea
- Measles, Polio, Chickenpox, COVID-19
- Immunization and vaccine-preventable diseases
- Role of Nursing Assistant in outbreak control

7: Non-Communicable Diseases (NCDs)

- Hypertension, Diabetes, Cancer, Heart diseases
- Mental health and substance abuse
- Screening, early detection, health education
- Lifestyle modification and counseling

8: Maternal & Child Health Services

- Antenatal, intranatal, and postnatal care
- Safe delivery practices and essential newborn care
- Growth monitoring and immunization
- Under-five clinics
- Family planning methods and counseling

9: Family Health Care

- Definition and objectives
- Home visiting techniques and bag technique
- Family needs assessment
- Identification of at-risk families
- Community-based family welfare services

10: Health Education and Communication

- Principles and methods of health education
- Audio-visual aids
- Counseling techniques
- Organizing community health talks, role-plays, street plays
- Behavior change communication (BCC)

11: Health Problems in India

- Malnutrition
- Population explosion
- Environmental pollution
- Unemployment, poverty, illiteracy
- Occupational health hazards



12: National Health Programs

- Overview of national health programs:
 - NRHM (now Ayushman Bharat), RMNCH+A
 - Janani Suraksha Yojana (JSY), JSSK
 - National Vector Borne Disease Control Programme (NVBDCP)
 - Universal Immunization Program (UIP)
 - RNTCP (TB), NACP (HIV), NPCDCS (NCDs)

13: Community-Based Rehabilitation (CBR)

- Definition and concept of CBR
- Rehabilitation of disabled and elderly
- Role of Nursing Assistant in CBR and disability prevention

14: Disaster Management & Emergency Services

- Types of disasters: natural & man-made
- First aid in disasters
- Community preparedness and participation
- Role of Nursing Assistant in disaster relief

PRACTICAL

➤ COMMUNITY VISITS & FAMILY HEALTH CARE

1. Conducting **home visits** using community bag technique
2. Preparing **family folders** and maintaining records
3. Assessment of **health needs of the family**
4. Identification of **high-risk families**
5. Counseling and education during visits
6. Recording **births, deaths, and vital events**

➤ ENVIRONMENTAL SANITATION

7. Survey of **safe and unsafe water sources**
8. Demonstration of **home water purification methods**
9. Educating on **safe disposal of waste and excreta**
10. Observation of **housing conditions and drainage**
11. Creating awareness about **personal and community hygiene**

➤ IMMUNIZATION SERVICES

12. Assisting in **immunization camps** and school health programs



13. Maintaining **cold chain** and vaccine carrier
14. **Administration of vaccines** (oral & injectable) under supervision
15. Recording **immunization status** in registers and cards
16. Educating mothers about **immunization schedules**

➤ **NUTRITIONAL ASSESSMENT**

17. Conducting **nutrition surveys** in the community
18. Assessing nutritional status using **growth charts (WHO)**
19. Identifying **malnourished children and mothers**
20. Educating about **balanced diet** and local nutritious foods
21. Participation in **ICDS/Anganwadi center** activities

➤ **HEALTH EDUCATION ACTIVITIES**

22. Planning and conducting **health talks**
23. Use of **AV aids**: posters, flashcards, flipbooks
24. **Street plays, role plays, puppet shows** for awareness
25. Creating and displaying **health education charts**
26. Counseling individuals and families on health topics

➤ **FIRST AID & EMERGENCY CARE**

27. Providing **first aid for minor injuries, burns, wounds**
28. Handling **bleeding, fainting, fractures, shock** situations
29. Organizing **first aid kits** in community or schools
30. Basic care during **disasters and emergencies**

➤ **RECORD KEEPING & DOCUMENTATION**

31. Filling of:

- Family folders
- Eligible couple and child registers
- Birth and death registers
- Immunization registers

32. Writing **daily diary and reporting formats**
33. Preparing **individual and group case reports**

➤ **PARTICIPATION IN NATIONAL HEALTH PROGRAMS**

34. Pulse Polio Program
35. Deworming Days



- 36. Anti-leprosy and TB campaigns
- 37. Vector control campaigns (malaria/dengue)
- 38. Observation of **National Health Days**

➤ **SCHOOL HEALTH & ADOLESCENT PROGRAMS**

- 39. Assisting in **school health screening**
- 40. Conducting **handwashing demonstrations**
- 41. Educating on **menstrual hygiene** (girls)
- 42. Participation in **health check-up camps**

NUTRITION, FAMILY PLANNING

THEORY

SECTION A: NUTRITION

1: Introduction to Nutrition

- Definition, concept, and importance of nutrition in health
- Classification of food based on function and origin
- Nutrients: Macronutrients and Micronutrients

2: Macronutrients

- **Carbohydrates:** Types, sources, functions
- **Proteins:** Sources (animal & plant), functions, deficiency
- **Fats:** Types, functions, sources, deficiency effects

3: Micronutrients

- **Vitamins:** A, B-complex, C, D, E, K – sources, deficiency diseases
- **Minerals:** Iron, calcium, iodine, zinc, sodium – importance and sources
- **Water and Electrolytes:** Importance, daily requirement

4: Balanced Diet

- Definition and components of a balanced diet



- Dietary requirements for:
 - Infants and children
 - Pregnant and lactating women
 - Adolescents and elderly
- Factors affecting nutrition (age, occupation, socioeconomic status, culture)

5: Nutritional Deficiencies and Community Nutrition Programs

- Protein Energy Malnutrition (PEM): Kwashiorkor & Marasmus
- Iron-deficiency anemia, goiter, rickets, scurvy
- National nutrition programs:
 - ICDS
 - Mid-Day Meal Program
 - Vitamin A Prophylaxis
 - Iron and Folic Acid Supplementation (IFA)
 - National Iodine Deficiency Disorders Control Programme (NIDDCP)

6: Food Hygiene and Storage

- Personal hygiene in food handling
- Safe cooking and storage practices
- Prevention of food adulteration
- Foodborne diseases and prevention

7: Nutrition Education

- Role of Nursing Assistant in nutritional counseling
- Teaching methods in community settings
- Use of locally available food
- Home-based management of malnutrition

SECTION B: FAMILY PLANNING

1: Introduction to Family Planning

- Definition, objectives, and importance of family planning
- Myths and misconceptions related to family planning
- Demography and population control

2: Reproductive System & Fertility

- Male and female reproductive systems (basic)
- Menstrual cycle and ovulation



- Fertility, infertility, and conception

3: Temporary/Spacing Methods of Contraception

- **Barrier methods** (male/female condoms)
- **Oral contraceptive pills** (OCPs)
- **Injectable contraceptives** (DMPA)
- **Intrauterine devices** (Copper-T, hormonal IUDs)
- Natural methods (safe period, withdrawal)
- Postpartum contraception

4: Permanent Methods

- Female sterilization (minilap, laparoscopic)
- Male sterilization (vasectomy, NSV)
- Counseling before and after sterilization

5: Emergency Contraception

- Indications and availability
- Emergency pills and Copper-T use

6: Counseling and Communication in Family Planning

- Role of Nursing Assistant in family planning services
- Pre- and post-procedure counseling
- Motivating eligible couples and community education
- Confidentiality and respectful communication

7: Family Planning Services in India

- National Family Welfare Program
- Role of Sub-centre, PHC, CHC in service delivery
- Eligible Couple Survey and register maintenance
- Logistics and record-keeping of contraceptives

8: Legal and Ethical Aspects

- Informed consent
- Legal age of marriage
- Rights of individuals in reproductive decisions
- Gender sensitivity and reproductive rights

PRACTICAL



NUTRITION

➤ Nutritional Assessment

- Measuring **height and weight** of infants, children, and adults
- Calculation of **BMI**
- Using **growth monitoring charts (WHO standards)**
- Mid Upper Arm Circumference (MUAC) measurement
- Identification of malnutrition (PEM, anemia, goiter, etc.)

➤ Dietary Planning

- Planning and preparing a **balanced diet** using local food items
- Diet planning for:
 - Infants and toddlers
 - Pregnant and lactating mothers
 - Adolescents and elderly
- Diet modification for common deficiency disorders (e.g. anemia, rickets)

➤ Nutrition Demonstrations

- Demonstration of low-cost **nutritious food recipes**
- Organizing and conducting **group nutrition education sessions**
- Use of **IEC materials** (charts, flashcards, posters) for awareness
- Demonstrating **weaning foods** for infants

➤ Participation in Community Nutrition Programs

- ICDS activities in Anganwadi centers
- Iron & folic acid supplementation distribution
- Observation of **Mid-Day Meal Program** in schools
- Participation in **Vitamin A** and **deworming drives**

FAMILY PLANNING

➤ Assessment and Counseling

- Identification of **eligible couples** in a community
- Conducting **counseling sessions** on:
 - Spacing and permanent methods
 - Postpartum contraception
 - Myths and misconceptions about contraception
- Use of **BEMOC/IEC materials** in counseling



➤ **Assisting with Contraceptive Methods**

- Demonstration and explanation of:
 - Male and female condoms
 - Oral contraceptive pills (OCPs)
 - Copper-T (under supervision)
 - Emergency contraception
- Observation/assistance during sterilization camps (if permitted)

➤ **Field Visit & Participation**

- Visit to:
 - PHC/Sub-centers offering family planning services
 - Urban Health Centre or MCH clinic
 - Sterilization camps (vasectomy, tubectomy)
- Participation in **population education programs**

➤ **Documentation and Reporting**

- Maintaining and updating:
 - **Eligible Couple Register**
 - **Contraceptive stock register**
 - Daily diary of family planning services rendered
- Recording number of acceptors for each method

INTERACTION WITH NURSING STAFF & PATIENTS

THEORY

1. Basics of Communication

- Definition and process of communication
- Elements: Sender, message, medium, receiver, feedback
- Types of communication:
 - Verbal (spoken, written)
 - Non-verbal (gestures, posture, facial expressions, tone)
- Barriers to communication and how to overcome them

2. Professional Communication with Nursing Staff

- Importance of team communication
- Hierarchy in nursing staff (Nursing Assistant, ANM, GNM, Staff Nurse, Ward In-charge)
- Role clarity and mutual respect



- Shift handover communication
- Reporting changes in patient conditions
- Documentation and reporting

3. Effective Interaction with Patients

- First impression: Introduction and rapport building
- Active listening and empathy
- Communicating with:
 - Children and adolescents
 - Pregnant women and mothers
 - Elderly patients
 - Terminally ill patients
 - People with disabilities
- Handling emotions: anxiety, fear, anger, grief

4. Cultural & Ethical Aspects

- Cultural sensitivity in communication
- Respecting patient's beliefs, language, gender identity
- Confidentiality and privacy
- Ethical conduct while interacting

5. Health Education & Counseling Skills

- Delivering simple health messages
- Use of local language and understandable terms
- One-to-one counseling vs. group education
- Encouraging treatment compliance

6. Dealing with Challenging Situations

- Communicating during emergencies
- De-escalating aggressive or uncooperative behavior
- Communicating in case of patient death or referral
- Supportive communication during pain or trauma

PRACTICAL

➤ Interaction with Nursing Staff

- Participate in **shift handover reporting** (verbal/written)
- Practice **teamwork** during patient care (e.g., bed making, wound care)
- Learn how to **report abnormal findings** to seniors (BP, temp, pulse)



- Observe and replicate **nursing documentation** in patient files
- Interact with Staff Nurse, GNM, Ward In-charge for assignments
- Assist in **drug administration rounds** (under supervision)
- Help in **inventory maintenance** and duty planning

➤ **Interaction with Patients (Bedside Communication)**

- Introduction and **rapport building** with patients
- Taking **basic history** (name, age, complaints, vitals, allergies)
- Communicating during:
 - Daily care (bathing, feeding, repositioning)
 - Vital signs monitoring
 - Explaining simple procedures before performing
- Comforting and listening to patient fears, anxiety, or concerns
- Communicating with:
 - Postnatal mothers
 - Elderly or disabled patients
 - Pediatric patients (with caregiver)
- Ensuring **privacy and dignity** during communication
- Using **local language** and simple words as needed

➤ **Patient Education and Health Teaching**

- Explain basic topics:
 - Personal hygiene
 - Breastfeeding
 - Diet during pregnancy
 - Importance of immunization
 - Medication adherence
- Use of **charts, flashcards, or visual aids** during sessions
- Conducting **health talks** in small groups or at bedsides
- Counseling on **basic infection control practices**

➤ **Simulation & Role Play Practice**

- Role play scenarios:
 - Angry patient or family
 - Patient in pain
 - A confused elderly patient
 - Breaking difficult news (with sensitivity)
- Team-based group simulations of hospital rounds
- Feedback from supervisors and peers



➤ **Community Interaction**

- Interacting during **home visits** under PHC/Anganwadi guidance
- Educating villagers about hygiene, antenatal care, or family planning
- Talking to mothers about newborn care and immunization
- Coordinating with ASHA workers and local health volunteers