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INC SYLLABUS

Theory - 200 hours

Demonstration - 160 hours

Total - 360 hours

Learning objectives:

On completion of the course the student will be able to:

1. Describe male and female reproductive organs.
2. Explain process of conception and foetal development.
3. Describe female pelvis and the muscles involved in delivery of foetus.
4. Conduct normal delivery and provide care to the newborn.
5. Provide care to pregnant mother during ante, intra and post natal period at home and hospital.
6. Provide need based counselling to the mother and to her family during antenatal, intranatal and postnatal period.
7. Resuscitate the high risk new born baby.
8. Identify high-risk pregnancies and refer them immediately for safe motherhood.
9. Identify deviation from normal labour in time and take necessary action.
10. Provide adequate care identifying abnormal puerperium.
11. Administer the drugs as per the protocols.
12. Educate community for improving quality of life of the family.
13. Promote improvement in the status of women in society.
14. Identify women's health problem and provide guidance and support.
15. Provide care and guidance to women with reproductive health problems.
16. Participate in reproductive health and family welfare programmes.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching learning activities
	Th.	Demo			
1.	8		• Describe structure and functions of female reproductive system • Describe structure and functions of male reproductive system	**Human Reproductive System** • Female reproductive organs - structure and function • Menstrual cycle • Male reproductive organs structure and functions • Process of conception	• Lecture discussion. • Explain using birth atlas, posters, models charts and slides.
2.	6	2	• Describe female pelvis and its diameters and relation to foetal skull. • Explain the muscles and ligaments of the pelvic floor. • Describe foetal skull.	**Female Pelvis and foetal skull** • Structure of the pelvic bones-types of pelvis. • Pelvic diameters. • Muscles and ligaments of pelvic floor. • Foetal skull : bones, diameters, sutures, size, shape, moulding, skull areas, fontanelles.	• Lecture discussion. • Demonstration. • Explain using models, charts, slides and films.

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3.	5	5	• Explain growth and development of foetus. • Describe placenta, membrane and umbilical cord and their development. • State the functions of placenta, membranes and cord.	**Foetus and placenta** • Growth and development of foetus, foetal sac and amniotic fluid and foetal circulation and changes after birth. • Structure and function of placenta, membranes and umbilical cord and abnormalities. Refer SBA module of Ministry of health and Family Welfare.	• Lecture discussion. • Demonstration. • Explain using placenta, membrane, specimens. • Practice session.
4.	10	5	• Describe signs and symptoms of normal pregnancy. • Describe various tests for conformation of pregnancy. • Provide care for minor ailments of pregnancy.	**Normal pregnancy** • Signs and symptoms of pregnancy. • Various diagnostic tests for conformation of pregnancy. • Physiological changes during pregnancy. • Minor ailments and their management. Refer SBA module of Ministry of health and Family Welfare.	• Lecture discussion. • Demonstration. • Explain using Models and charts.
5.	10	8	• Provide antenatal care • Provide need-based information and guidance. • Advise diet and nutrition for the pregnant mothers. • Identify risk factors and refer on time. • Prepare mother for delivery.	**Antenatal Care** • Registration • Taking history of a pregnant woman. • Physical examination, investigation - routine and specific. • Prophylactic medications • Need based health information and guidance. • Nutrition in pregnancy. • Special needs of a pregnant woman. • Involvement of husband and family. • Identification of high risks cases and referral. • Preparation of mother for delivery. Refer SBA module of Ministry of health and Family Welfare.	• Lecture discuss. • Demonstration. • Practice session. • Supervised clinical practice.
6.	10	8	• Identify signs and symptoms of normal labour. • Demonstrate the mechanism of labour. • Detect a normal lie and presentation of foetus. • Identify deviation from normal progress of labour. • Demonstrate plotting of the partograph.	**Normal Labour** • Onset and stages of labour, physiological changes. • Changes in Uterine muscles, and cervix. • Lie, attitude, position, denominator and presentation of foetus. • Foetal skull. • Mechanisms of labour. • Identification of high risk cases, foetal distress and maternal distress during labour. • Partograph in the management of the normal labor. Role of ANM/Female health worker and referral. Refer SBA module of Ministry of health and Family Welfare.	• Lecture discussion. • Demonstration. • Witness normal delivery. • Explain using partograph.

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7.	12	15	• Use partograph and perform Per Vagina examination. • Assist and conduct child birth • Resuscitate newborn • Deliver the placenta • Provide care to mother and newborn throughout delivery • Perform necessary recordings.	**Care during normal labour** • History of labour • Importance of five 'C's • Monitoring progress of labour with partograph preparation for delivery. • Care of mother in first and second stage of labour. • Assist and conduct childbirth • Immediate care of newborn-resuscitation, apgar score, cord care. • Oxytocin Misoprostol drugs: Dose, route, indication, contraindication, action, side effects, precautions, role and responsibilities of ANM/ FHW. • Delivery of placenta and examination of placenta. • Care of mother in third and fourth stage: Recognise degrees of tear and appropriate care and referral. • Establishment of breast feeding, exclusive breast feeding. • Kangaroo mother care. • Baby friendly hospital initiative. • Record childbirth and ensure birth registration. Refer SBA module of Ministry of health and Family Welfare.	• Lecture discussion. • Demonstration. • Explain using models, charts, films and slides partograph. • Supervised clinical practice. • Practice session. • Case study.
8.	10	10	• Perform postnatal assessment • Identify deviations from normal puerperium and take necessary care. • Establish breast feeding. • Provide need based information and counselling.	**Care of New-born** • Physiological changes during postnatal period. • Postnatal assessment. • Minor ailments during puerperium and their management. • Care of mother-diet, rest, exercise, hygiene. • Management of breast feeding. • Prophylactic medicines. • Special needs of postnatal women. • Need based health education. Refer SBA module of Ministry of health and Family Welfare.	• Lecture discussion. • Demonstration. • Supervised clinical practice.
9.	10	10	• Provide immediate care to normal new born. • Resuscitate new born at birth. • Identify "at risk" neonate and state measures to be taken. • Give immunization as per routine. • Care for new-born with common minor disorders.	**Care of New-born** • Assessment of new-born for gestation age, risk status and abnormalities. • Neonatal resuscitation. • Monitoring of vital signs and birth weight. • Management of normal new-born and common minor disorders.	• Lecture discussion. • Demonstration. • Lecture discussion. • Demonstration.

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				• Exclusive Breast feeding and management. • Temperature maintenance, kangaroo mother care. • Immunization. • Care of newborn: Jaundice, infection, respiratory problems. • Principles of prevention of infection. • Educating mother to look after babies. Integrate accepted practices of AYUSH. Refer SBA module of Ministry of health and Family Welfare.	
10.	5	10	• Identify a pre-term/LBW baby and fulfill the special needs. • Provide care required during special conditions in a new-born. • Guide in home care of a high risk new-born.	**High risk New-born** • Pre term/Low Birth weight babies. • Special needs of high risk babies. • Care at home - referral and follow up. • Care during asphyxia, convulsions, vomiting. • Care for thrush, cord sepsis, diarrhoea. • Implementation IMNCI protocol. Refer SBA module of Ministry of health and Family Welfare.	• Lecture discussion. • Demonstration. • Explain using charts.
11.	10	3	• Define MMR & IMR. • State the components of RCH programme. • Explain preventive measures for safe motherhood.	**Safe mother-hood** • Concept and cause of maternal mortality and morbidity. • Safe motherhood components: RCH and NRHM. • Preventive measures. Role of ANM/Female Health worker. Refer SBA module of Ministry of health and Family Welfare.	• Lecture discussion. • Demonstration. • Explain using charts.
12.	10	5	• Identify high risk pregnancies. • Refer them in time. • Counsel and involve husband and family members in high risk pregnancies.	**High risk pregnancies** • High risk pregnancies: Identification, Risk factors, decision making, and management. • Protocols and standing orders. • Referral and follow up. • Counselling and guidance about high risk conditions. • Involvement of husband and family. Role of ANM/Female Health worker. Refer SBA module of Ministry of health and Family Welfare.	• Lecture discussion. • Case study - 2. • Supervised clinical practice. • Demonstration.

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13.	15	10	• Identify abnormalities of pregnancy in time. • Refer to correct place in time. • State the diseases that can affect during pregnancy.	**Abnormalities of pregnancy** • Common abnormalities of pregnancy: hyperemesis gravidarum, leaking and bleeding per vagina. • Anaemia of pregnant woman. • Eclampsia and preeclampsia and toxaemia of pregnancy. • Indication of premature of rupture of membranes, prolonged labour, anything requiring manual intervention, UTI, puerperal sepsis. • Obstetrical shocks. • Uterine abnormalities, ectopic pregnancy. • Diseases complication pregnancy - TB, diabetes Hypertension. • Infections during pregnancy - RTI/STIs malaria, HIV, AIDS. • Rh factor. • Standing orders and protocols. • Role of ANM/Female Health worker. Refer SBA module of Ministry of health and family welfare.	• Lecture discussion. • Demonstration.
14.	5	5	• Identify types of abortion. • Prepare mother for termination of pregnancy. • Counsel for safe abortion.	**Abortion** • Types of abortion, causes of abortion. • Need for safe abortion - referral. • Complications of abortions. • Medical termination of pregnancy. • Care of woman who had abortion. • Role of ANM/Health worker. Refer SBA module of Ministry of health and family welfare.	• Lecture discussion. • Suprarenal. • Clinical practice. • Observation. • Demonstration.
15.	10	10	• Identify deviations from normal child birth and refer in time. • Provide care to the mother in emergency and while transferring to hospital. • Mobilise support from the family and community.	**Abnormal childbirth** • Common abnormalities of childbirth. • Abnormal presentations. • Abnormal uterine actions. • Cephalo pelvic disproportion. • Prolonged labour. • Identification, immediate management and referral. • Emergency care of mother during transfer to hospital. • Role of ANM/Female health worker. Refer SBA module of Ministry of health and family welfare.	• Lecture discussion. • Demonstration. • Explain using through birth Atlas and charts. • Explain using partograph.

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16.	10	10	• Provide emergency care at the time of haemorrhage. • Identify the cause of different PPH. • Identify causes of complications during puerperium and render adequate care.	**Abnormal puerperium** • Postpartum haemorrhage and its management. • Puerperal sepsis and its management. • Retention of urine. • Breast complications during lactation and their management. • Psychiatric complications. Role of ANM/Female health worker. Refer SBA module of Ministry of health and family and welfare.	• Lecture discussion. • Explain using charts through charts different types of PPH.
17.	5	5	• Assist in various surgical intervention in the mother during labour. • Render care to mother pre and post operatively in surgical intervention.	**Surgical Intervention** • Assisting in the followings: – Induction of labour and its management. – Forceps and Vacuum extraction. – Episiotomy and suturing. – Craniotomy. – Caesarean section. – Pre and post operative care. – Role of ANM/Female health worker. Refer SBA module of Ministry of health and family welfare.	• Lecture discussion. • Demonstration.
18.	5	5	• Able to identify various medicines during child birth form mother and child. • Understand their action and care needed for the mother. • State the dosage of these medicines for mother and child.	**Medications used in midwifery** • Pain relieving drugs. • Anaesthetic drugs. • For uterine contractions. • For controlling bleeding. • For preventing postnatal infection. • For preventing eclampsia. • Antibiotics. • IV fluids. • Role of ANM/female health worker. Refer SBA module of Ministry of health and family and welfare.	• Lecture discussion. • Visit labour room. • Demonstration. • Any study any book.
19.	3	–	• Describe the concept of quality of life. • Explain how quality of life affects life expectancy and peoples health. • Describe role of education on quality of life.	**Life cycle approach** • Quality of life and life expectancy. • People's health throughout the life cycle. • Role of education economic status, social status on quality of life. • Holistic approach to life. Refer SBA module of Ministry of health and family and welfare.	• Lecture discussion.

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20.	5	–	• Explain status of women in Indian society. • Enumerate factors affecting women status. • Describe the importance of women's health. • Explain the programmes for empowering women in the society.	**Status of women and empowerment.** • Status of women in society. • Factors affecting status - gender bias, sex selection tests, female foeticide and infanticide sex ratio discrimination and exploitation. • Effect of tradition, culture and literacy. • Relationship between status of women and women's health. • Effects of women's health in community : single, divorced deserted woman, widows special needs. • Laws related to women. • Programmes for women's empowerment. Refer SBA module of Ministry of health and family and welfare.	• Lecture discussion. • Demonstration. • Visit family of an under privileged group. • Group discussion.
21.	10	10	• Explain the complications related to child birth. • Identify common and emergency complications and provide care. • Take pap smear.	**Women's health problems** • Complications related to childbirth - VVF, RVF, prolapse and incontinence. • Cervical erosion and leucorrhoea pruritus. • Cancers - cervical and breast: • Pap smear for detection cancer cervix. • Tumours - fibroids. • Menstrual disorders. • Menopause and its implications. Refer SBA module of Ministry of health and family and welfare.	• Lecture discussion. • Demonstration. • Case study of a women at menopause.
22.	6	4	• Describe causes signs and symptoms of STI and RTI. • Describe the treatment for the STI's and RTI. • Education on prevention and treatment of RTI's and STIs.	**RTIs and STIs** • Causes and signs and symptoms of STIs and RTIs. • Syndromic approach for treatment. • Referral treatment and follow up care. • Information, education and communication for prevention and treatment.	• Lecture discussion. • Demonstration. • Health education. • Case study.
23.	6	10	• Explain the cause, effect and prognosis of HIV/AIDS. • Counsel the HIV positive persons. • Explain home care for HIV/AIDS patients.	**HIV/AIDS** • Epidemiological facts related to spread of infection. • Methods of transmission. • Effect on immunity and signs and symptoms.	• Lecture discussion. • Demonstration. • Explain HIV/AIDS through charts and models. • Role/play.

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				• The AIDS patient community support and home care. • Counselling: process and techniques. • Counselling of HIV/positive patients and pregnant women. • Standard safety measures. • Voluntary counseling and testing center (VCTC)/ Integrated counseling and testing center (ICTC) activities. • Care continuum and Anti Retro viral therapy (ART). • Prevention of parent to child transmission (PPTCT): prophylaxis and breast feeding guidelines.	
24.	2	2	• Identify cases of infertility. • Provide counselling to infertile couples. • Refer and provide follow up care to infertility cases.	**Infertility** • Classification and causes of infertility in male and female. • Investigation and treatment. • Identification of couples, counselling, referral and follow up. • Role of ANM/female health worker.	• Lecture discussion. • Demonstration. • Explain using charts and posters. • Case study.
25.	4	3	• Explain the impact of population explosion specially on health. • Enumerate birth rate, death rate, net reproductive rate etc. • Describe the scope of family welfare programme. • Discuss trends in health and family welfare programmes.	**Population education** • Population trends in India. • Vital statistics birth and death rates, growth rate, NRR, fertility rate, couple protection rate, family size. • National family programme trends and changes RCH-I, RCH-II programme and NRHM. • Target free approach for FW. • Role of mass media and IEC. • Role of ANM/health worker.	• Lecture discussion. • Visit office of DFWO. • Explain using vital statistics.
26.	8	5	• Prepare eligible couple register. • Describe the different methods of contraception and their effects. • Provide guidance to the adopters. • Provide need based counselling related to contraception.	**Family welfare** • Identification of eligible couples and those need contraceptive methods. • Information related to contraception and importance of choice. • Natural and temporary methods of contraception. • Permanent methods. • New methods norplant and injectables. • Emergency contraception. • Follow up of contraceptive users. • Counselling. • Role of ANM/female health worker.	• Lecture discussion. • Demonstration. • Case study. • Health education.

Suggested Activities for Evaluation

- Taking of history and antenatal examination.
- Demonstration of vaginal examination.
- Plotting of partograph during labour.
- Return demonstration of normal delivery using five 'C's.
- Demonstration of perineal care.
- Essential care of newborn.
- Apgar score and resuscitation of a new born baby.
- Health education on exclusive breast-feeding.
- Midwifery case book.
- Demonstration of immunization.
- Drug book.
- Records and reports.
- Case studies.
- Preparation of posters on methods of family welfare.
- Demonstration of IUCD insertion.
- Information Education and Communication.
- Calculation for vital indicators.