



KHYBER MEDICAL UNIVERSITY

GENERIC B.SC NURSING CURRICULUM

YEAR ONE STUDY GUIDE

(SEMESTER 2)

16 Weeks Activity Planner

2021-22

**CENTRAL CURRICULUM & ASSESSMENT COMMITTEE FOR
NURSING, REHABILITATION SCIENCES & ALLIED HEALTH SCIENCES**



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Introduction

KMU VISION

Khyber Medical University will be the global leader in health sciences academics and research for efficient and compassionate health care.

KMU MISSION

Khyber Medical University aims to promote professional competence through learning and innovation for providing comprehensive quality health care to the nation.

CENTRAL CURRICULUM COMMITTEE

Opened new door, for the beginning of new era under the supervision of Prof Dr. Zia ul Haq, VC Khyber Medical University and Dr. Brekhna Jamil Director IH-PE&R the Central Curriculum & Assessment Committee has been formulated. This is first step taken to change the dynamics of Allied Health Sciences and Nursing Education in Pakistan. Committee by using a craft man approach has developed study guide which will provide pathways for other to follow and KMU will preserve the leadership in providing quality education across Pakistan and will be a reference point of quality in future. Committee has developed curricula to promote inter-professional learning, enhancing and improving the quality of life for people by discovering, teaching and applying knowledge related to Nursing, rehabilitation Sciences & Allied Health sciences.

High-quality education is relevant to patient needs and the changing patterns of skills that are demanded by modern health care and aligning assessment and providing quality training to students will definitely will be the outcome. Which will strengthen and enhance quality of Health System across Pakistan.

The Central Curriculum & Assessment Committee is as follows:

Dr. Brekhna Jamil	Chairperson	Director Institute of Health Professions Education & Research, KMU
Prof. Dr. Zia Ul Islam	Member	Professor ENT
Dr. Syed Hafeez Ahmad	Member	Addl. Controller of Examination Khyber Medical University
Dr. Danish Ali Khan	Member	Director/ Principal Northwest Institute of Health Sciences
Sardar Ali	Member	Assistant Professor Institute of Nursing Khyber Medical University
Muhammad Asif Zeb	Member	Lecturer Institute of ParaMedical Sciences Khyber Medical University
Nazish A Qadir	Member	Lecturer Institute of Physical Medicine & Rehabilitation Khyber Medical University
Syed Amin Ullah	Secretary	Assistant Director Academics Khyber Medical University



INTRODUCTION

The B.S (Generic) Nursing Programme aspires to prepare nurses in a multidisciplinary environment enabling them to work in an ever changing complex health care delivery system and to attain their true potentials in becoming competent, caring, and inquisitive members of the health care teams for improving the health status of individuals, families and the society at large.

B.S Nursing is a 4-years programme that prepares graduates to provide safe, competent and compassionate nursing care grounded in theory and professional standards. The curriculum is based on the concepts of relational practice, leadership, critical nursing inquiry and ethics of care. The curriculum further gives an opportunity to the students to acquire a good deal of experience to work at various levels of health organizations including basic health units, rural health centers, community clinics, specialized and tertiary health care settings.

OBJECTIVES

By the end of this program, students should be able to:

- 1. Develop nursing graduates skilled with progressive theoretical as well as practical knowledge and skills**
- 2. Educate nurses working with different capacities and various roles in health care institutions/organizations**
- 3. Train nurses for giving care with leadership, management, problem solving and decision making skills**
- 4. Integrate logics and reasoning in complex situations or settings while providing holistic care to patients**
- 5. Prepare nurses with analytical, critical thinking and research skills to promote evidenced based care**

SECOND SEMESTER SUBJECTS

S.No	Subjects	Duration
1	NU-151 FUNDAMENTALS OF NURSING-II 4(2-2)	16 weeks
2	NU-152 ANATOMY AND PHYSIOLOGY-II 3(2-1)	16 weeks
3	NU-153 COMMUNITY HEALTH NURSING-I 3(2-1)	16 weeks
4	NU-154 APPLIED NUTRITION 1(1-0)	16 weeks
5	NU-155 ENGLISH 2(2-0)	16 weeks
6	NU-156 ISLAMIAT 2(2-0)	16 weeks
7	NU-157 PAKISTAN STUDIES 2(2-0)	16 weeks



2nd Semester

NU-151 FUNDAMENTALS OF NURSING-II 4(2-2)

Course Description

This course introduces learners to different concepts of nursing practice with emphasis on identifying the patient needs, developing communication skills and use of the nursing process. Learners will gain knowledge related to theoretical concepts, values, and norms of the profession, while learning skills for providing basic nursing care to patients in hospital settings. Gordon's Functional Health Pattern (FHPs) will be used to assess patient needs.

Cognitive Domain

By the end of this subject, students should be able to:

1. Identify the prescribed standards of nursing care set by the institution.
2. Begin to identify the importance of evaluation in his/her nursing practice.
3. Identify relevant sources, which contribute to personal and professional's growth.
4. Begin to use the nursing process to deliver safe nursing care to individuals.
5. Begin to understand the knowledge derived from Humanities, Natural and Behavioral Sciences, when providing nursing care to clients.
6. Identify basic principle that protection against
7. Use critical thinking skills in selecting nursing intervention and outcomes for the planning of care setting.
8. Perform all basic nursing skills safely and accurately at clinical Settings

Skills Domain

By the end of this subject, students should be able to:

1. Administer oral and topical medication to the patient admitted in hospital
2. Perform Sitz Bath to the patient
3. Perform that how to take care of the urinary catheter
4. Take care of the patient concerns during the process of catheterization
5. Provide mouth care to the unconscious patient
6. Demonstrate to take vital signs of the patient
7. Administer clean enema and suppositories to the patient
8. Perform nebulization, steam inhalation and oxygen therapy to the patients.
9. Administer parenteral (I/V, I/M, I/D, S/C) medications to the hospitalized patients
10. Perform to collect and test the urine sample through dipstick
11. Demonstrate the use of safety measure including restraints, side rails, and hand washing
12. Demonstrate to collect urine specimen and blood sample
13. Demonstrate application of body mechanics when moving and lifting the patient
14. Document the nursing notes on patient's chart
15. Develop nursing care plan based on priority patients' problem by following all its steps
16. Assist Patients with different types of Positions

Affective Domain

By the end of this subject, students should be able to:

1. Follow the specified norms of the IL, SGD teaching & learning.
2. Demonstrate the humbleness and use the socially acceptable language during academic and social interactions with human models, colleagues and teachers.
3. Demonstrate ethically competent decisions when confronted with an ethical, social or moral problem related to professional or personal life.

TOS -NU-151 FUNDAMENTALS OF NURSING-II 4(2-2)

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/ Hours	Assesment	No of Items				
				C	P	A								
TOPIC: NURSING PROCESS														
1	Week-1	Nursing process	Define nursing process	C1			Interactive Lecture/SGD	2	MCQ's	5				
2			Describe the purposes of nursing process.	C2										
3			Identify the components of the nursing process	C1										
4			Discuss the requirements for effective use of the nursing process	C2										
5			Apply the functional health approach to the nursing process	C3										
6		Assessment phase	Describe the assessment phase of the nursing process	C2										
7			Discuss the purpose of assessment in nursing practice	C2										
8			Identify the skills required for nursing assessment.	C1										
9			Differentiate the three major activities involved in nursing assessment.	C4										
10			Describe the process of data collection.	C2										
11		Discuss nursing assessment using a functional health approach.	C2											
12		Diagnosis	Define diagnosis in relation to the nursing process.	C1										
13			State the meaning of nursing diagnosis	C1										
14			Explain the components of a nursing diagnosis	C2										
15			Differentiate between a nursing diagnosis and medical diagnosis	C4										
16			Relate the clinical skills needed to make nursing diagnoses	C4										
17		Formulate nursing diagnoses according to NANDA list	C5											
18		Outcome	Define outcome identification and planning	C1										
19			Explain the purposes of outcome identification and planning.	C2										
20			Describe the components of the nursing plan of care	C2										
21		Practical	Administer oral and topical medication to the patient admitted in hospital		P2						Demo	6	OSPE	5
22			Respect the patients' rights during medication administration			A					Role Play			

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items				
				C	P	A								
23	Week-2	Implementation/ Evaluation	Define implementation and evaluation	C1			Interactive Lecture/SGD	2	MCQ's	5				
24			Discuss the purposes of implementation and evaluation	C2										
25			Describe clinical skills needed to implement the nursing plan of care.	C2										
26			Describe activities the nurse carries out during evaluation phase of the nursing pro-cess.	C2										
27			Utilize a functional approach to implement and evaluate client care	C3										
28		Documentation.	Describe the purposes of the client record	C1										
29			List the principles of charting	C1										
30			Discuss the guidelines of documentation.	C2										
31			Explain the importance of confidentiality in the documenting and reporting	C2										
32		Critical thinking	Relate the importance of critical thinking in nursing.	C4										
33			Discuss definitions of, characteristics of, and skills used in critical thinking.	C2										
34			Classify the three major factors that affect thinking.	C4										
35			Assess ways to develop critical thinking skills especially as applied to nursing	C5										
36			Plan personal goals for developing critical thinking skills.	C4										
37	Practical	Perform Sitz Bath to the patient		P3		Demo	6	OSPE	5					
38		Respect the patients needs and concerns during sitz bath			A	Role Play								
TOPIC: CONCEPT OF VALUE BELIEF														
39	Week-3	Value/ Belief pattern	Define value/belief pattern	C1			Interactive Lecture/SGD	2	MCQ's	5				
40			Explain how behaviors related to values	C2										
41			Identify sources of professional nursing values	C1										
42			Apply cultural and developmental perspective when identifying values	C3										
43			Examine values conflict and resolution in nursing care situations	C5										
44		Practical	Perform that how to take care of the urinary catheter		P2						Demo	6	OSPE	5
45			Take care of the patient concerns during the process of catheterization			A					Role Play			
TOPIC: SELF CONCEPT AND SELF PERCEPTION														



S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
46	Week-4	Self perception/ self concept	Define self perception/ self concept pattern	C1			Interactive Lecture/SGD	2	MCQ's	5
47			Describe the functions of self and self concept	C1						
48			Discuss how self concept develops throughout the life span	C2						
49			Discuss factors that can effect self concept	C2						
50			Identify possible manifestation of altered self concept	C1						
51			Apply nursing process for a person with an altered self concept	C3						
52		Practical	Provide mouth care to the unconscious patient		P3		Demo	6	OSPE	5
53	Respect the ethical needs of the patient during mouth care of unconscious patients				A	Role Play				
TOPIC: CONCEPT OF PAIN (PAIN MANAGEMENT)										
54	Week-5	Pain management	Define the process of pain (physiological changes)	C1			Interactive Lecture/SGD	2	MCQ's	5
55			Describe the different theories of pain theory.	C2						
56			Differentiate between acute and chronic pain	C4						
57		Practical	Demonstrate to take vital signs of the patient		P4		Demo	6	OSPE	5
58	Provide morally acceptable care during any change in the patient vital signs				A	Role Play				
59	Week-6	Pain management	Discuss the non pharmacologic interventions pain management.	C2			Interactive Lecture/SGD	2	MCQ's	5
60			Evaluate the pharmacologic interventions for pain management	C6						
61		Practical	Administer clean enema and suppositories to the patient		P4		Demo	6	OSPE	5
62			Maintain privacy and professional norms during enema/ suppositories medication			A	Role Play			
TOPIC: CONCEPT OF NUTRITION AND DIETARY										

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
63	Week-7	Nutrition metabolic pattern.	Define nutrition metabolic pattern.	C1			Interactive Lecture/SGD	2	MCQ's	5
64			Review essential nutrients and examples of good dietary sources for each	C2						
65			Review the digestion, absorption, and metabolism of carbohydrates, fats, and pro-teins	C2						
66			Discuss nutritional considerations across the life span	C2						
67			List factors that can effect dietary pattern	C1						
68			Describe manifestations of altered nutrition	C2						
69			Explain nursing interventions to promote optimal nutrition and health	C2						
70			Apply nursing process for client with altered nutritional status	C3						
71		Practical	Perform nebulization, steam inhalation and oxygen therapy to the patients		P4		Demo	6	OSPE	5
72			Provide morally acceptable care while perform nebulization, steam and oxygen therapy			A	Role Play			
TOPIC: CONCEPT OF ELIMINATION										
73	Week-8	Elimination	Define elimination pattern	C1			Interactive Lecture/SGD	2	MCQ's	5
74			Discuss common problems of elimination.	C2						
75			Identify nursing interventions for common problems of fecal elimination	C1						
76		Practical	Administer parenteral (I/V,I/M,I/D,S/C) medications to the hospitalized patients		P2		Demo	6	OSPE	5
77			Explain the procedure and purpose of medication administration to the patient properly			A	Role Play			
78	Week-9	Elimination	Discuss common problem of Urinary Elimination	C2			Interactive Lecture/SGD	2	MCQ's	5
79			Recommend nursing intervention for common urinary problems	C5						
80			Describe factors that can alter urinary function	C2						
81			Apply nursing process for a patient with altered elimination pattern	C3						
82		Practical	Perform to collect and test the urine sample through dipstick		P2		Demo	6	OSPE	5
83	Provide proper instruction to the patient while collecting the urine sample				A	Role Play				



S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
TOPIC: CONCEPT OF SLEEP										
84	Week-10	Sleep & Rest	Define rest and sleep pattern	C1			Interactive Lecture/SGD	2	MCQ's	5
85			Define terms related to rest and sleep.	C1						
86			Compare the characteristics of sleep and rest.	C4						
87			Discuss the characteristics of two kinds of sleep.	C2						
88			Enumerate the functions of sleep.	C1						
89			Discuss factors affecting sleep.	C2						
90			Identify common sleep disorders.	C1						
91			Evaluate conditions necessary to promote sleep.	C5						
92			Discuss nursing process for a patient to promote sleep	C2						
93			Practical		Demonstrate the use of safety measure including restraints, side rails, and hand washing					
94	Take care of the patients needs properly while using the safety measure					A	Role Play			
TOPIC: HUMAN REPOSES TO ILLNESS										
95	Week-11	Illness & Human response	Define the terms illness, sickness and disease	C1			Interactive Lecture/SGD	2	MCQ's	5
96			Discuss types of illnesses and diseases	C2						
97			Explain the human behaviors and responses to illness and hospitalization	C2						
98			Identify the examples of acute and chronic illnesses	C1						
99			Apply nursing process related to various illnesses and diseases	C3						
100		Practical		Demonstrate to collect urine specimen and blood sample		P2		Demo	6	OSPE
101	Follow the professional norms while collecting the specimen sample					A	Role Play			

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
TOPIC: CONCEPT OF SEXUALITY										
102	Week-12	Sexuality	Review the Anatomy and physiology of the male and female reproductive system	C1			Interactive Lecture/SGD	2	MCQ's	5
103			Describe normal sexual pattern	C2						
104			Relate sexuality to all stages of life cycle	C4						
105			Identify factors that effects sexual functioning	C1						
106			Describe common risks and alteration in sexuality	C2						
107			Apply the nursing process in relation to sexual functioning and disorders	C3						
108		Practical		Demonstrate application of body mechanics when moving and lifting the patient		P4		Demo	6	OSPE
109	Counsel the patient for his or her needs during moving and lifting on bed to bed					A	Role Play			
TOPIC: CONCEPT OF LOSS & GRIEVING AND DEATH AND DYING										
110	Week-13	Death & Dying	Assess the physiologic signs of death.	C5			Interactive Lecture/SGD	2	MCQ's	5
111			Evaluate beliefs and attitude about death in relation to age.	C4						
112			Discuss ways of helping dying patient meet physiological, spiritual & emotional needs	C2						
113			Discuss care of the body after death.	C2						
114			Discuss the legal implications of death.	C2						
115			Describe how a nurse meets a dying patient's needs of comfort.	C2						
116			Discuss important factors in caring for the body after death.	C2						
117		Practical		Document the nursing notes on patient's chart		P3		Demo	6	OSPE
118	Follow the correct and professional pattern of document-ing the patient findings					A	Role Play			



S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
119	Week-14	Death & Dying	List changes that occur in the body after death.	C1			Interactive Lecture/SGD	2	MCQ's	5
120			Define terms related to loss and grieving.	C1						
121			Discuss Kubler-Ross' theory to assess grieving behaviors.	C2						
122			Identify common manifestations of grief	C1						
123			Discuss the effects of multiple losses on the grief process	C2						
124			Apply the nursing process to grieving clients	C3						
125		Practical	Develop nursing care plan based on priority patients' problem by following all its steps		P4		Demo	6	OSPE	5
126			Follow the ethical standards while developing the nursing care plan			A	Role Play			
TOPIC: CONCEPTS OF STRESS & COPING										
127	Week-15	Stress & Coping	Define stress and coping mechanism	C1			Interactive Lecture/SGD	2	MCQ's	5
128			Differentiate the concepts of stress as a stimulus, response, and transaction	C4						
129			Discuss different sources and types of stressors	C2						
130			Explain general adaptation syndrome as biochemical model of stress (Hans Selye)	C2						
131			Identify physiological and psychological manifestations of stress	C1						
132			Discuss Factors affecting coping pattern during hospitalization	C2						
133			Describe various types of coping pattern or mechanisms	C2						
134			Apply the nursing process related to coping stress pattern.	C3						
135		Practical	Assist Patients with different types of Positions		P2		Demo	6	OSPE	5
136			Take care the patient needs during positioning			A	Role Play			

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/ Hours	Assesment	No of Items
				C	P	A				
TOPIC: MEDICATION (ORAL & PARENTAL)										
137	Week-16	Medication Skills	Define medication, drug, prescription orders and other related terms	C1			Interactive Lecture/SGD	2	MCQ's	5
138			Describe various routes of medication administration	C2						
139			Explain the oral and parenteral routes (I/V, I/M, S/C, I/D of medication in detail	C2						
140			Learn timings and basic formulas to calculate dosages of oral and parenteral medication	C1						
141			Discuss the rights and legal aspects of medication administration	C2						
142			Explain the factors affecting the medication action and administration	C2						
143			Discuss different effects of medications	C2						
144		Practical		Perform IV Canulation on dummy		P2		Demo	6	OSPE
145	Follow the correct steps and professional norm during performing IV Canulation					A	Role Play			

NU-152 ANATOMY AND PHYSIOLOGY-II 3(2-1)

Course Description

This course is a continuation of Anatomy & Physiology I, introduces learners to the structures and functions of the human body. Knowledge of Anatomy & Physiology will provide a better understanding and integration to theoretical & clinical practice in nursing care situation.

Cognitive Domain

By the end of this subject, students should be able to:

1. **Describe the structures and functions of various systems of the human body.**
2. **Discuss the role of homeostasis in maintaining normal body functioning.**
3. **Relate the basic anatomy & physiology concepts to the nursing care of clients.**

Skills Domain

By the end of this subject, students should be able to:

1. **Demonstrate ability to label the anatomical landmarks of organs of different systems.**
2. **Identify the organs/ parts of various body systems**
3. **Demonstrate ability to located organs/ parts of various body systems**
4. **Demonstrate to descibe various parts of body systems**

Affective Domain

By the end of this subject, students should be able to:

1. **Demonstrate punctuality. Follow the specified norms of the IL, SGD teaching & learning.**
2. **Demonstrate the humbleness and use the socially acceptable language during academic and social interactions with human models, colleagues and teachers.**
3. **Demonstrate ethically competent decisions when confronted with an ethical, social or moral problem or personal life.**

TOS -NU-152 ANATOMY AND PHYSIOLOGY-II 3(2-1)

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/ Hours	Assesment	No of Items	
				C	P	A					
TOPIC: RESPIRATORY SYSTEM											
1	Week-1	Respiratory system	Define respiratory system	C1			Interactive Lecture/SGD	2	MCQ's	5	
2			Describe the process of respiration and breathing	C2							
3		Upper respiratory tract	Discuss the upper respiratory tract structures including nose, pharynx and larynx	C2							
4		Lower respiratory tract	Discuss the lower respiratory tract structures including trachea, bronchial tree and lungs	C2							
5		Practical		Identify the parts of upper Respiratory tract on model/ chart		P4		Demo	2	OSPE	5
6				Handle the upper Respiratory tract model carefully while identifying its parts			A	Role Play			
7	Week-2	Pulmonary ventilation	Discuss pulmonary ventilation	C2			Interactive Lecture/SGD	2	MCQ's	5	
8		Respiration	Differentiate external respiration and internal respiration	C4							
9		Nervous control	Discuss nervous control of respiration	C2							
10		Volumes	Explain the lung volumes & capacities	C2							
11		Practical		Identify the parts of lungs in a model		P4		Demo	2	OSPE	5
12				Handle the lung model carefully while identifying its parts			A	Role Play			
TOPIC: URINARY SYSTEM											
13	Week-3	Urinary System	Define the Urinary System	C1			Interactive Lecture/SGD	2	MCQ's	5	
14		Organs	List the organs of Urinary system	C1							
15		Gross structure & micro- scopic structure	Discuss kidneys external and internal anatomy	C2							
16		Practical		Identify the organs of urinary system on model/chart		P2		Demo	2	OSPE	5
17				Handle the urinary system model carefully while identifying its parts			A	Role Play			

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
18	Week-4	Filtration, selective reabsorption and secretion	Describe the formation of urine	C2			Interactive Lecture/SGD	2	MCQ's	5
19		Water and electrolyte balance	Discuss the role of kidney in Hemostasis	C2						
20		Ureters	Discuss the structure and functions of ureters	C2						
21		Urinary bladder	Discuss the structure and functions of urinary bladder	C2						
22		Urethra	Discuss the structure and functions of urethra	C2						
23		Micturation	Relate and explain the process of Micturation	C4						
24		Practical	Identify landmarks/ Parts of the kidneys in a model		P4		Demo	2	OSPE	5
25	Follow the professional norms to Identify landmarks/ Parts kidneys in model				A	Role Play				
TOPIC: NERVOUS SYSTEM										
26	Week-5	Nervous system	Define Nervous system	C1			Interactive Lecture/SGD	2	MCQ's	5
27		Organization	Discuss organization of Nervous system	C2						
28		Structure and function	Explain the structure and function of neuron and neuroglia	C2						
29		Nerve	Discuss the nerve and its different types	C2						
30		Practical	Locate parts hind and mid brain in model		P4		Demo	2	OSPE	5
31			Handle the brain model sagely and adroitly in the anatomy lab			A	Role Play			
32	Week-6	Meninges	Describe the three meninges covering the brain and spinal cord	C2			Interactive Lecture/SGD	2	MCQ's	5
33		Ventricles	Identify the ventricles of the brain	C1						
34		Cerebrospinal fluid	Explain the formation, circulation, reabsorption & functions of cerebrospinal fluid (CSF)	C2						
35		Practical	Locate parts of fore brain in the brain model		P4		Demo	2	OSPE	5
36			Handle the brain model sagely and adroitly in the anatomy lab			A	Role Play			
37	Week-7	Cerebrum	Discuss the functional areas of the cerebrum	C2			Interactive Lecture/SGD	2	MCQ's	5
38		Brain stem	Summarize the structure & function of brain stem (mid brain, pons & medulla oblongata)	C5						
39		Practical	Label the structure of cerebrum in terms of lobes, sulci and gyrus		P4		Demo	2	OSPE	5
40			Follow the professional norms while naming the structures of brain lobes, sulci and gyrus			A	Role Play			

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items	
				C	P	A					
41	Week-8	Cerebellum	Discuss the structure & function of Cerebellum	C2			Interactive Lecture/SGD	2	MCQ's	5	
42		Structure	Discuss the general & gross sectional structure of the spinal cord	C2							
43		Reflex arc	Describe reflex arc and reflex action	C1							
44		Spinal nerves & plexus	Explain the distribution of the spinal nerves and plexus	C2							
45		Practical		label the structure of brain stem		P4		Demo	2	OSPE	5
46				Follow the professional norms while naming the structures of brain			A	Role Play			
47	Week-9	Cranial nerves	Discuss the cranial nerves in terms of central connection and peripheral connection	C2			Interactive Lecture/SGD	2	MCQ's	5	
48		Functions	Interpret the various functions of the cranial nerves	C3							
49		Autonomic Nervous System	Define Autonomic Nervous System	C1							
50			Discuss the sympathetic and Para sympathetic Nervous system	C2							
51		Practical		label the cranial nerves		P4		Demo	2	OSPE	5
52				Follow the professional norms while naming the structures of cranial nerves			A	Role Play			
TOPIC: SPECIAL SENSES											
53	Week-10	Structures	Describe the external, middle and internal structures of ear	C2			Interactive Lecture/SGD	2	MCQ's	5	
54		Functions	Explain the functions of external, middle and internal ear	C2							
55		Transmission	Discuss the transmission of sound through the ear	C2							
56		Physiology	Describe the physiology of hearing and Balance	C2							
57		Practical		Identify the various parts of the ear on model		P4		Demo	2	OSPE	5
58				Follow the instruction properly while handling the ear model for identification of its parts			A	Role Play			
59	Week-11	Structure	Discuss the eye structure related to vision	C2			Interactive Lecture/SGD	2	MCQ's	5	
60		Accessory	Discuss the accessory eye structures related to vision	C2							
61		Image formation	Discuss image formation by relating refraction, accommodation and constriction of pupil	C2							
62		Adaptation	Explain the process of dark and light adaptation	C2							
63		Practical		Label the various parts of eye in model		P4		Demo	2	OSPE	5
64				Properly use the eye model for identifying its various structure			A	Role Play			



S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
TOPIC: ENDOCRINE SYSTEM										
65	Week-12	Endocrine system	Define Endocrine system	C1			Interactive Lecture/SGD	2	MCQ's	5
66		Hormones	Discuss types of Hormones	C2						
67		Target cells	Discuss types of target cells	C2						
68		Target organ	Discuss types of target organ	C2						
69		Protein and steroids	Explain Mechanism of Action of Hormone	C2						
70		Practical	Identify Endocrine glands and its tissues on model		P4		Demo	2	OSPE	5
71	Follow the professional norms while locating different structures in a model				A	Role Play				
72	Week-13	Structure	Discuss the location and structure of pituitary gland	C2			Interactive Lecture/SGD	2	MCQ's	5
73		Hormones	Discuss the role of hypothalamic hormones in the regulation of pituitary gland secretions	C2						
74			Explain the function of the hormones secreted by anterior and posterior pituitary gland	C2						
75		Practical	Label structures/hormones of thyroid and para thyroid		P4		Demo	2	OSPE	5
76			Label structures/hormones of pineal and adrenal		P4					
77			Label structures/hormones of pancreas		P4					
78	Follow the professional norms while locating different gland structures in a model				A	Role Play				
TOPIC: REPRODUCTIVE SYSTEM										
79	Week-14	Reproduction	Define Reproduction	C1			Interactive Lecture/SGD	2	MCQ's	5
80			Describe the Reproductive System	C2						
81		Function	List the function of male & female reproductive system	C1						
82		Organs	Categorize the Female Reproductive organs into essential and accessory organs	C2						
83		Practical	Label the structures of male reproductive system through a model		P4		Demo	2	OSPE	5
84			Follow the professional norms while locating and describing reproductive organs by a model			A	Role Play			

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
85	Week-15	External Genitalia (VULVA)	Discuss the location and structure of Female External Genitalia (VULVA)	C2			Interactive Lecture/SGD	2	MCQ's	5
86		Internal Genitalia	Describe the location, Structure & function of Female Internal Genitalia	C2						
87		Reproductive Cycles (ovarian and menstrual cycles)	Discuss the Female Reproductive Cycles	C2						
88		Practical	Label stages of female reproductive cycles on model		P4		Demo	2	OSPE	
89			Follow the professional norms describing reproductive cycle model			A	Role Play			
90	Week-16	Male reproductive organs	Categorize the male reproductive organs into essential and accessory organs	C4			Interactive Lecture/SGD	2	MCQ's	5
91		Structure and function	Discuss the structure and function of testis and accessory organs	C2						
92		Practical	Label structures involved in the Female reproductive system through a model		P4		Demo	2	OSPE	
93			Follow the professional norms while locating and describing reproductive organs by a model			A	Role Play			

NU-153 COMMUNITY HEALTH NURSING-I 3(2-1)

Course Description

This course will introduce students to the basic concepts of Community Health Nursing with the emphasis on Primary Health Care and Environmental Effects on health. This course introduces students to the factors influencing on health of individual, family and community. Students will also develop knowledge about Pakistan's Health Care System, components of health education, community services and organizations through field visits.

Cognitive Domain

By the end of this subject, students should be able to:

1. **Discuss the role of a community health nurse and other health team members.**
2. **Describe the concept of Primary Health Care as a strategy for achieving the Alma Ata Declaration of "Health for All by the Year 2000 and beyond (2025)."**
3. **Identify services provided by the government health care system in Pakistan.**
4. **Discuss the effects of environment on health.**
5. **Learn the process of Health Education.**
6. **Use Nursing Process with guidance to provide nursing care to the clients in communities through Home visits and health education**

Skills Domain

By the end of this subject, students should be able to:

1. **Observe levels and function of organization during practical visits.**
2. **Perform relevant skill during practical visits.**

Affective Domain

By the end of this subject, students should be able to:

1. **Demonstrate punctuality. Follow the specified norms of the IL, SGD teaching & learning.**
2. **Demonstrate the humbleness and use the socially acceptable language during academic and social interactions with human models, colleagues and teachers.**
3. **Make ethically competent decisions when confronted with an ethical, social or moral problem related to professional or personal life.**

TOS -NU-153 COMMUNITY HEALTH NURSING-I 3(2-1)

S.No	Weeks	Content	Learning Outcomes	Domain			MIT's	Hours	Assesment	No of Items
				C	P	A				
TOPIC: INTRODUCTION TO COMMUNITY HEALTH NURSING										
1	Week-1	Definnation	Define the terms community, community health and community health nursing	C1			Interactive Lecture/SGD	2	MCQ's	5
2		Urban and rural communities	Differentiate between urban and rural communities	C4						
3		Public Health Nursing	Discuss the historical background of Community Health Nursing from Public Health Nursing	C2						
4		Practical Visit	Visit to Primary Health Center (BHU)		P2		Demo	3	Formative /Logbook	
5			Follow the professional Norms During visit			A	Role Play			
6	Week-2	Community Health Nursing	Describe the philosophy of Community Health Nursing	C2			Interactive Lecture/SGD	2	MCQ's	5
7		Concepts of health	Discuss the concepts of health, wellness, illness and disease	C2						
8		Roles	Discuss the roles of the Community Health Nurse in community settings	C2						
9		Practical Visit	Visit to Primary Health Center (BHU)		P2		Demo	3	Formative /Logbook	
10			Follow the professional Norms During visit			A	Role Play			
TOPIC: PRIMARY HEALTH CARE (PHC)										
11	Week-3	Alma Atta Deceleration	Explain Alma Atta Deceleration "Health for All by the Year 2000" and beyond	C2			Interactive Lecture/SGD	2	MCQ's	5
12		Primary care	Define Primary care and PHC	C1						
13		Principle	Explain the basic principle of PHC	C2						
14		Practical Visit	Visit to Rural Health Center (RHC)		P2		Demo	3	Formative /Logbook	
15			Follow the professional Norms During visit			A	Role Play			
16	Week-4	Elements	Relate the elements of PHC in relation to health	C4			Interactive Lecture/SGD	2	MCQ's	5
17		Application	Discuss application of PHC in Pakistan	C2						
18		Practical Visit	Visit to Rural Health Center (RHC)		P2		Demo	3	Formative /Logbook	
19			Follow the professional Norms During visit			A	Role Play			

S.No	Weeks	Content	Learning Outcomes	Domain			MIT's	Hours	Assesment	No of Items
				C	P	A				
TOPIC: PAKISTAN HEALTH CARE SYSTEM										
20	Week-5	Health care system	Define the terms, system, and health care system	C1			Interactive Lecture/SGD	2	MCQ's	5
21		Health services	Identify health services available to community by Pakistan government health care system	C1						
22		Team members	Explain the roles of health care team members within the health care system	C2						
23		Devolution Plan	Discuss the Devolution Plan of 2000	C2						
24		Practical Visit	Walking/ Wind sheild survey in Community			P2	Demo	3	Formative /Logbook	
25			Follow the professional Norms During survey			A	Role Play			
TOPIC: INTERNATIONAL HEALTH AND NURSING ORGANIZATIONS										
26	Week-6	Health	Discuss about the International health and nursing organizations	C2			Interactive Lecture/SGD	2	MCQ's	5
27		Council	Discuss about the International Council of Nursing	C2						
28		Practical Visit	Walking/ Wind sheild survey in Community			P2	Demo	3	Formative /Logbook	
29			Follow the professional Norms During survey			A	Role Play			
30	Week-7	World Health Organization	Explain the role of World Health Organization regarding Nursing	C2			Interactive Lecture/SGD	2	MCQ's	5
31		Nursing Association	Relate the role of Pakistan Nursing Association, Federation and Council	C4						
32		Practical Visit	Visit to water supply plant			P2	Demo	3	Formative /Logbook	
33			Follow the professional Norms During visit			A	Role Play			
TOPIC: THE ENVIRONMENT AND ITS IMPACT ON COMMUNITY HEALTH										
34	Week-8	Environment	Define an Environment	C1			Interactive Lecture/SGD	2	MCQ's	5
35		Component	Explain the component of an environment	C2						
36		Factors and its impact	Discuss the factors and its impact on community health	C2						
37		Practical Visit	Visit to water supply plant			P2	Demo	3	Formative /Logbook	
38			Follow the professional Norms During visit			A	Role Play			

S.No	Weeks	Content	Learning Outcomes	Domain			MIT's	Hours	Assesment	No of Items
				C	P	A				
39	Week-9	Water	Define safe and wholesome water	C1			Interactive Lecture/SGD	2	MCQ's	5
40		Uses	Discuss the uses of water	C2						
41		Daily requirements	Relate the daily requirements of water for one person	C4						
42		Sources	Discuss the sources of water and its pollution	C2						
43		Viral, Bacterial, protozoal, worms etc	Relate and discuss the water-borne diseases	C4						
44		Purification	Explain the process of water purification at small and large scales	C2						
45		Practical Visit	Visit to sewage treatment plant		P2					
46	Follow the professional Norms During visit				A	Role Play				
47	Week-10	Waste	Define the refuse / solid waste, and sewage	C2			Interactive Lecture/SGD	2	MCQ's	5
48		Methods	Explain the methods for solid waste and sewage disposal	C2						
49		Latrines	Discuss the types of latrines used in communities	C2						
50		Fecal-borne diseases	Discuss the fecal-borne diseases	C2						
51			Relate the control of fecal-borne diseases	C4						
52		Rodents	Describe the types of rodents	C2						
53		Transmission	Discuss the disease transmission by rodent	C2						
54		Control	Discuss the control of rodents	C2						
55		Practical Visit	Visit to sewage treatment plant		P2					
56	Follow the professional Norms During visit				A	Role Play				
57	Week-11	Healthy foods	Define a healthy foods	C1			Interactive Lecture/SGD	2	MCQ's	5
58		Preservation	Discuss the methods of food preservation	C2						
59		Principles	Explain the principles of safe food handling	C2						
60		Prevention	Explain the prevention at transmission of food-borne diseases	C2						
61		Control	Discuss about the control of food-borne disease	C2						
62		Practical Visit	Visit to milk plant/ dairy form		P2					
63	Follow the professional Norms During visit				A	Role Play				

S.No	Weeks	Content	Learning Outcomes	Domain			MIT's	Hours	Assesment	No of Items
				C	P	A				
64	Week-12	Ventilation	Define ventilation	C1			Interactive Lecture/SGD	2	MCQ's	5
65		Importance	Discuss the importance of air & ventilation	C2						
66		Poor ventilation	Explain the effects of poor ventilation on health	C2						
67		Types standard	Describe the types standard, and needs of housing	C2						
68		Effects	Discuss effects of poor housing on health	C2						
69		Practical Visit	Visit to milk plant/ dairy form		P2		Demo	3	Formative /Logbook	
70			Follow the professional Norms During visit			A	Role Play			
TOPIC: HEALTH EDUCATION										
71	Week-13	Health education	Define the term; teaching, learning and health education	C1			Interactive Lecture/SGD	2	MCQ's	5
72		Purpose	Explain the purpose and goal of health education	C2						
73		Principles	Discuss principles of teaching learning	C2						
74		Practical Visit	Visit to NGO		P2		Demo	3	Formative /Logbook	
75			Follow the professional Norms During visit			A	Role Play			
76	Week-14	Strategies	Describe various strategies, which can be used to deliver health education	C2			Interactive Lecture/SGD	2	MCQ's	5
77		Components	Explain the components of Health Education Process	C2						
78		Practical Visit	Develop a teaching plan and conduct mock health session on a selected topic		P4		Demo	3	OSPE	
79			Give respect to the community residents and their needs while conducting the health session			A	Role Play			
TOPIC: INTRODUCTION TO HOME VISITING										
80	Week-15	Homes visiting	Define homes visiting	C1			Interactive Lecture/SGD	2	MCQ's	5
81		Purposes	Discuss the purposes of Home Visiting in a community	C2						
82		Principles	Explain the principles of Home Visiting in a community	C2						
83		Practical Visit	Visit to Slaughter house		P2		Demo	3	Formative /Logbook	
84			Follow the professional Norms During visit			A	Role Play			
85	Week-16	Advantages	Discuss the advantages of Home Visiting in a community	C2			Interactive Lecture/SGD	2	MCQ's	5
86		Steps	Explain the steps of Home Visiting in detail	C2						
87		Practical	Visit to Slaughter house		P2		Demo	3	Formative /Logbook	
88			Follow the professional Norms During visit			A	Role Play			

NU-154 APPLIED NUTRITION 1(1-0)

Course Description

This course is intended to furnish the learners in application of knowledge of nutrition in the prevention & treatment of diet related diseases, both in the community & hospital settings. It further enhances the learners' understanding in managing nutritional needs of patients with chronic and long term diseases.

Cognitive Domain

By the end of this subject, students should be able to:

1. **Describe the role of Diet for prevention & management of diet related diseases**
2. **Identify locally available & acceptable food sources to provide the nutritional needs for health, growth of the family members of different ages.**
3. **Apply the knowledge of nutrition in management of nutritional needs of patients with chronic and long term diseases.**

Skills Domain

By the end of this subject, students should be able to:

1. **Council the patients for diet specific to diseases**
2. **Demonstrate the role of nurse in patient education**

Affective Domain

By the end of this subject, students should be able to:

1. **Demonstrate punctuality. Follow the specified norms of the IL, SGD teaching & learning.**
2. **Demonstrate the humbleness and use the socially acceptable language during academic and social interactions with human models, colleagues and teachers.**
3. **Demonstrate ethically competent decisions when confronted with an ethical, social or moral problem related to professional or personal life.**

TOS -NU-154 APPLIED NUTRITION 1(1-0)

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
TOPIC: MATERNAL NUTRITION										
1	Week-1	Maternal nutrition	Define the basic concepts of maternal nutrition	C1			Interactive Lecture/SGD	1	MCQ's	5
2		Nutritional need	Discuss the nutritional need in pregnancy and lactation	C2						
3		Importance	Relate the importance the pre-pregnancy diet	C4						
4		Pregnancy	Evaluate the pregnancy during adolescence	C5						
5	Week-2	Risk factors	Discuss the nutritional risk factors during pregnancy	C2			Interactive Lecture/SGD	1	MCQ's	5
6			Identify the concerns during pregnancy including weight gain, feeding twins, DM in pregnancy	C1						
7		Iron deficiency	Relate the prevalence of Iron deficiency anemia in Pakistani women	C4						
TOPIC: NUTRITIONAL CONSIDERATION IN INFANCY AND PRESCHOOL YEARS										
8	Week-3	Nutrition for children	Discuss the importance of nutrition for children during infancy and preschool ages	C2			Interactive Lecture/SGD	1	MCQ's	5
9		Feeding	Identify the best feeding options for infants in different circumstances in Pakistan.	C1						
10		Disorders	Enlist the nutritional related disorders among children in infancy and preschool years	C1						
11	Week-4	Risk factors	Discuss the major nutritional risk factors and strategies to prevent or manage them in infancy	C2			Interactive Lecture/SGD	1	MCQ's	5
12		Weaning	Explain weaning, prelacteal feeds, food introduce with quantity and type in infancy	C2						
13		Counsel	Discuss how to Counsel the mothers regarding nutritional care of their children in infancy and preschool ages	C2						
TOPIC: WEIGHT MANAGEMENT										
14	Week-5	Weight management	Explain the concept of appropriate body weight management	C2			Interactive Lecture/SGD	1	MCQ's	5
15		Chronic diseases	Discuss the relationship of excess body weight to the development of chronic diseases	C2						
16		Concept	Explain the concept of energy balance of an individual	C2						
17		Body mass index	Understand the body mass index calculations	C2						

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
18	Week-6	Weight management	Explain the role of diet in weight management	C2			Interactive Lecture/SGD	1	MCQ's	5
19		Factors	Identify factors responsible to gain weight among people in Pakistan	C1						
20		Exercise	Relate the role of exercise in weight management	C4						
21	Week-7	Behavior modification	Explain the role of behavior modification techniques in weight management	C2			Interactive Lecture/SGD	1	MCQ's	5
22		Counselling	Discuss how to council patient regarding weight management properly	C2						
TOPIC: ENTERAL AND PARENTERAL NUTRITION										
23	Week-8	Nutrition	Define Enteral and Parenteral nutrition	C1			Interactive Lecture/SGD	1	MCQ's	5
24		Types	Differentiate between enteral and parenteral nutrition	C4						
25		Indications	Discuss the indications for enteral and parenteral nutrition	C2						
26	Week-9	Characteristics	Identify the characteristics, nutritional composition and concentration of formula feedings	C3			Interactive Lecture/SGD	1	MCQ's	5
27		Complications	Relate the complications associated with enteral and parenteral feeding	C4						
TOPIC: NUTRITIONAL CONSIDERATION IN MANAGEMENT OF CARDIOVASCULAR DISEASES										
28	Week-10	Hypertension	Identify the risk factors for the development of hypertension	C1			Interactive Lecture/SGD	1	MCQ's	5
29		Risk factors	Determine the risk factors for the development of coronary artery disease	C4						
30		Dietary management	Discuss role of a nurse in dietary management of hypertension and patient with hyperlipidemia	C2						
31	Week-11	Dietary modification	State dietary modification for low cholesterol diet, low saturated and low sodium diet	C1			Interactive Lecture/SGD	1	MCQ's	5
32		Counselling	Discuss how to counsel patients on the dietary prevention of coronary artery disease	C2						
TOPIC: NUTRITIONAL MANAGEMENT OF LIVER DISEASES										
33	Week-12	Role of diet	Describe the role of diet in the management of Gallstones	C2			Interactive Lecture/SGD	1	MCQ's	5
34		Diseases	Discuss the role of diet management in liver disease, mainly hepatitis, cirrhosis, encephalopathy	C2						
35		Role	Identify the role of the nurse in dietary management of liver diseases	C1						
36		Beliefs and practices	Discuss current beliefs and practices related to diet in liver disease in a community	C2						

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
TOPIC: NUTRITIONAL MANAGEMENT OF RENAL DISEASES										
37	Week-13	Nutritional risk factors	Identify nutritional risk factors for nephrolithiasis and renal failure	C1			Interactive Lecture/SGD	1	MCQ's	5
38		Role of a diet	Discuss the role of a diet in etiology, prevention and management of nephrolithiasis and renal failure and during dialysis.	C2						
39			Relate the role of proper diet during the procedure of hemodialysis	C4						
40	Week-14	Role of a diet	Relate the role of proper diet during the procedure of hemodialysis	C4			Interactive Lecture/SGD	1	MCQ's	5
41		Nutritional management	Describe the nutritional management in nephritic and nephrotic syndrome	C2						
42			Assess the iron deficiency anemia and Iron sources among renal patients	C6						
TOPIC: NUTRITIONAL PREVENTION AND MANAGEMENT OF TYPE II DIABETES MELLITUS										
43	Week-15	Prevalence	Describe the prevalence of type II DM in Pakistan	C2			Interactive Lecture/SGD	1	MCQ's	5
44		Importance	Discuss the importance of diet in the control of Diabetes Mellitus	C2						
45		Dietary factors	Describe dietary factors associated with the diseases	C2						
46	Week-16	Weight gain	Explain the role of weight gain in the Etiology of type II DM	C2			Interactive Lecture/SGD	1	MCQ's	5
47		Role	Identify the role of the nurse in prevention and management of type II DM	C1						

NU-155 ENGLISH-II 2(2-0)

Course Description

the students to meet their real life communication needs and skills. Further the course is designed to prepare the learners for paragraph writing, essay writing, application writing, study skills, academic skills and presentation skills.

Cognitive Domain

By the end of this subject, students should be able to:

1. **Use unified, precise, logical and Coherent writing and communication skills**
2. **Understand the basic structure and components of an essay writing**
3. **Learn the skimming, scanning and to extract themes from the given text**
4. **Write letter, application, memo, curriculum vitae and meetings minutes with proper structures and purpose**
5. **Understand the skills of preparing and presenting of well organized presentations**

Skills Domain

By the end of this subject, students should be able to:

1. **Practice on general topics and every-day conversation with questions answers sessions.**
2. **Give presentations individually and in groups to showcase the latent talent**
3. **Organize the procedure to improve their communication skills.**
4. **Practice on Academic skills**

Affective Domain

By the end of this subject, students should be able to:

1. **punctuality. Follow the specified norms of the IL, SGD teaching & learning.**
2. **Demonstrate the humbleness and use the socially acceptable language during academic and social interactions with human models, colleagues and teachers.**
3. **Demonstrate ethically competent decisions when confronted with an ethical, social or moral problem related to professional or personal life.**

TOS -NU-155 ENGLISH 2(2-0)

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items			
				C	P	A							
TOPIC: PARAGRAPH WRITING													
1	Week-1	Practice in Writing a Good, Unified and Coherent Paragraph, Structural Components of a Paragraph, Writing Strategies to Write a Paragraph, Sentences in a Logical Order, Appropriate Form of Verbs, Meanings of Words in a Paragraph, Flow of Ideas	Identify the structural components of a paragraph	C1			Interactive Lecture/SGD	2	MCQ's	5			
2			Understand and practice free writing	C2									
3			Use pre- writing strategies to write a paragraph	C3									
4	Week-2		Arrange sentences in a logical order	C3			Interactive Lecture/SGD	2	MCQ's	5			
5			Make use of transitions to ensure a smooth flow of ideas	C3									
6			Learn how to write a paragraphs using the appropriate form of verbs	C1									
7	Week-3		Write a good, unified and coherent paragraph on any of the choice topic	C3			Interactive Lecture/SGD	2	MCQ's	5			
8			Comprehend meanings of words in a paragraph	C2									
9			Correct the forms of verbs in a paragraph	C3									
TOPIC: ESSAY WRITING													
10	Week-4	Introduction, Basics of Writing an Essay, Pre-writing Stage, Essays on Different Topics	Learn the basics of writing an essay	C1			Interactive Lecture/SGD	2	MCQ's	5			
11			Understand about the knowledge of Prewriting stage	C1									
12			Comprehend the writing stage of an essay	C2									
13			Write essays on different topics	C3									
TOPIC: CV AND JOB APPLICATION													
14	Week-5	Basics of Making Curriculum Vitae, Components of Writing an Application, Language and Sentences of Writing an Application, Writing an Application for Applying to a Job	Discuss the basics of making curriculum vitae	C2			Interactive Lecture/SGD	2	MCQ's	5			
15			Discuss the components of writing an application	C2									
16			Practice to make you own curriculum Vitae		P4		Role Play						
17	Follow the professional standards while making own curriculum vitae				A								
18	Week-6		Understand the language and sentences of writing an application	C1			Interactive Lecture/SGD				2	MCQ's	5
19			Learn to write an application for applying to a job	C1									
20		Translate an application from English to Urdu and vice versa	C3										

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items	
				C	P	A					
TOPIC: STUDY SKILLS											
21	Week-7	Skimming and Scanning, Intensive and Extensive, and Speed Reading, Summary and Precise Writing and Comprehension, Main Ideas and Supporting Detail in the Given Articles, Extract Themes from the Given Text	Understand skimming and scanning	C1			Interactive Lecture/SGD	2	MCQ's	5	
22			Distinguish between intensive and extensive Skimming and scanning	C4							
23			Identify the main ideas and supporting detail in the given articles	C1							
24	Week-8		Discuss how to extract themes from the given text	C2			Interactive Lecture/SGD	2	MCQ's	5	
25			Discuss the guidelines to read the content or a passage with different pace of speed	C2							
26	Week-9		Make summary of a passage or the assigned reading	C3			Interactive Lecture/SGD	2	MCQ's	5	
27			Comprehend a passage or article and write it precisely in your own words	C2							
TOPIC: ACADEMIC SKILLS											
28	Week-10		Letter/Memo Writing, Basics of Writing a Letter, Basic Pattern, Purpose, Circumstance and Action during Writing a Letter, Minutes of Meetings, Structure and Components of Writing the Official Minutes of a Meeting, Use of Digital Library and Internet	Understand the basics of writing a letter	C1			Interactive Lecture/SGD	2	MCQ's	5
29		Write accurate, to the point, clear and courteous letters of request		C5							
30	Week-11	Use appropriate salutation in writing a letter or memo		C3			Interactive Lecture/SGD	2	MCQ's	5	
31		Include relevant information in the letter		C1							
32		Try to convince and persuade the recipient by writing a letter		C3							
33	Week-12	Learn how to write a clear and concise memo		C1			Interactive Lecture/SGD	2	MCQ's	5	
34		Understand the purpose of writing a memo		C1							
35	Discuss the purpose of writing the minutes of a meeting	C2									
36	Week-13	Comprehend the structure and components of writing the official minutes of a meeting		C2			Interactive Lecture/SGD	2	MCQ's	5	
37		Learn the use of digital library and internet for retrieving the content for writing		C1							
38		Practice to write minutes of a meeting			P4		Role Play				
39		Follow the ethical norms while making minutes of a meeting				A					

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/ Hours	Assesment	No of Items
				C	P	A				
TOPIC: PRESENTATION SKILLS										
40	Week-14	Personality Development (Emphasis on Content, Style and Pronunciation), Elements and Purpose of a Good Presentation, Well Organized, Effective and Clear Presentation	Understand elements of a good presentation	C1			Interactive Lecture/SGD	2	MCQ's	5
41			Know how to make well organized and clear presentation	C1						
42			Discuss the purpose of the presentation	C2						
43			Understand the significance of the audience of the presentation	C1						
44	Week-15		Make clarity and accuracy in presenting information	C3			Interactive Lecture/SGD	2	MCQ's	5
45			Plan to handle questions raised by the audience	C4						
46			Develop and present effective presentations on the topics of common interest		P4		Role Play			
47	Follow the professional and ethical norms during presenting the presentations on own topics				A					
48	Week-16		Understand how to prepare a good presentation using a variety of strategies to convey ideas	C1			Interactive Lecture/SGD	2	MCQ's	5
49			Learn to have emphasis on the content, style and pronunciation	C1						
50			Engage the audience in thought-provoking discussions	C3						
51			Wrap up convincingly, restating the key points	C5						



NU-156 ISLAMIAT 2(2-0)

Course Description

This course is intended to enable the students to learn basic information about Islam, Islamic civilization, prayers, worships, beliefs, Islamic Law & Jurisprudence, Islam and science, social political and economic systems, teachings of Holy Quran and Hadith. The course would further enhance the skill of the students for understanding of issues related to faith and religious ways of life.

Cognitive Domain

By the end of this subject, students should be able to:

1. **Discuss basic information about Islamic Studies**
2. **Explain Islamic Civilization**
3. **Discuss how to perform prayers and other worships**
4. **Explain the issues related to faith and religious life.**
5. **Discuss the teachings of Holy Quran and Hadith**
6. **Explain the Islamic law, civilization, social, economic and political system**
7. **Relate the concepts of science and Islam**

Affective Domain

By the end of this subject, students should be able to:

1. **Demonstrate punctuality. Follow the specified norms of the IL, SGD teaching & learning.**
2. **Demonstrate the humbleness and use the socially acceptable language during academic and social interactions with human models, colleagues and teachers.**

3. **Demonstrate ethically competent decisions when confronted with an ethical, social or moral problem related to professional or personal life.**

TOS -NU-156 ISLAMIAT 2(2-0)

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/ Hours	Assesment	No of Items	
				C	P	A					
TOPIC: INTRODUCTION TO QURANIC STUDIES											
1	Week-1	Basic Concepts of the Quran, History of the Quran, Uloom-ul-Quran	Learn the Basic Concepts of the Holy Quran	C1			Interactive Lecture/SGD	2	MCQ's	5	
2			Discuss the History of the Revelation of Holy Quran	C2							
3			Discuss the concepts of Uloom-ul-Quran	C2							
TOPIC: STUDY OF SELECTED TEXT OF THE HOLLY QURAN											
4	Week-2	Verses of Surah	Learn the Verses of Surah Al-Baqra Related to Faith (Verse No-284-286)	C1			Interactive Lecture/SGD	2	MCQ's	5	
5			Understand the Verses of Surah Al-Hujrat Related to Adab Al-Nabi (Verse No-1-18)	C1							
6	Week-3		Comprehend Verses of Surah Al-Mumanoon Related to Characteristics of faithful (Verse: 1-11)	C2			Interactive Lecture/SGD	2	MCQ's	5	
7			Understand the Verses of Surah al-Furqan Related to Social Ethics (Verse No.63-77)	C4							
8	Week-4		Study the Verses of Surah Al-Inam Related to Ihkam (Verse No-152-154)	C1			Interactive Lecture/SGD	2	MCQ's	5	
9			Learn the Verses of Surah Al-Ihzab Related to Adab al-Nabi (Verse No.6, 21, 40, 56, 57, 58.)	C2							
10	Week-5		Discuss the Verses of Surah Al-Hashar (18,19,20) Related to thinking, Day of Judgment	C2			Interactive Lecture/SGD	2	MCQ's	5	
11			Learn the Verses of Surah Al-Saf Related to Tafakar,Tadabar (Verse No-1,14)	C1							
TOPIC: SEERAT OF HOLY PROPHET (SAW) I											
12	Week-6		Life of Holy Prophet	Learn about the Life of Muhammad Bin Abdullah (Before Prophet Hood)	C1			Interactive Lecture/SGD	2	MCQ's	5
13				Discuss the Life of Holy Prophet (S.A.W) in Makkah	C2						
14		Relate the Important Lessons Derived from the life of Holy Prophet in Makkah		C4							
TOPIC: SEERAT OF HOLY PROPHET (SAW) II											
15	Week-7	Life of Holy Prophet	Discuss the Life of Holy Prophet (S.A.W) in Madina	C2			Interactive Lecture/SGD	2	MCQ's	5	
16			Explain the Important Events of Life Holy Prophet in Madina	C2							
17			Evaluate the Important Lessons Derived from the life of Holy Prophet in Madina	C5							



S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/ Hours	Assesment	No of Items
				C	P	A				
TOPIC: INTRODUCTION TO SUNNAH										
18	Week-8	Hadith	Define the Basic Concepts of Hadith	C1			Interactive Lecture/SGD	2	MCQ's	5
19			Describe the History of Hadith	C1						
20			Explain the Kinds of Hadith	C2						
21			Discuss Uloom –ul-Hadith	C2						
22			Distinguish the Sunnah & Hadith	C4						
23		Sunnah	Explain the Legal Position of Sunnah	C2						
TOPIC: INTRODUCTION TO ISLAMIC LAW & JURISPRUDENCE										
24	Week-9	Islamic Law & Jurisprudence	Define the Basic Concepts of Islamic Law & Jurisprudence	C1			Interactive Lecture/SGD	2	MCQ's	5
25			Discuss the History & Importance of Islamic Law & Jurisprudence	C2						
26	Explain the Sources of Islamic Law & Jurisprudence		C2							
27	Week-10		Understand the Nature of Differences in Islamic Law	C1			Interactive Lecture/SGD	2	MCQ's	5
28		Islam and Sectarianism	Distinguish Islam and Sectarianism	C4						
TOPIC: ISLAMIC CULTURE & CIVILIZATION										
29	Week-11	Concepts	Define the Basic Concepts of Islamic Culture & Civilization	C1			Interactive Lecture/SGD	2	MCQ's	5
30		Development	Understand the Historical Development of Islamic Culture & Civilization	C1						
31		Characteristics	Discuss the Characteristics of Islamic Culture & Civilization	C2						
32		Contemporary Issues	Evaluate the Islamic Culture & Civilization and Contemporary Issues	C5						
TOPIC: ISLAM & SCIENCE										
33	Week-12	Concepts	Define the Basic Concepts of Islam & Science	C1			Interactive Lecture/SGD	2	MCQ's	5
34		Contributions	Relate the Contributions of Muslims in the Development of Science	C4						
35		Quran & Science	Discuss the concepts of Quran & Science	C2						
TOPIC: ISLAMIC ECONOMIC SYSTEM										
36	Week-13	Concepts	Define the Basic Concepts of Islamic Economic System	C1			Interactive Lecture/SGD	2	MCQ's	5
37		Distribution	Explain the Means of Distribution of wealth in Islamic Economics	C2						
38		Riba	Discuss the Islamic Concept of Riba	C2						
39		Trade & Commerce	Relate the Islamic Ways of Trade & Commerce	C4						

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/ Hours	Assesment	No of Items
				C	P	A				
TOPIC: POLITICAL SYSTEM OF ISLAM										
40	Week-14	Concepts	Define the Basic Concepts of Islamic Political System	C1			Interactive Lecture/SGD	2	MCQ's	5
41			Discuss the Islamic Concept of Sovereignty	C2						
42		Basic Institutions	Describe the Basic Institutions of Government in Islam	C2						
TOPIC: ISLAMIC HISTORY										
43	Week-15	Khlaft-E-Rashida	Discuss the Period of Khlaft-E-Rashida	C2			Interactive Lecture/SGD	2	MCQ's	5
44		Umayyads	Evaluate the Period of Umayyads	C5						
45		Abbasids	Discuss the Period of Abbasids	C2						
TOPIC: SOCIAL SYSTEM OF ISLAM										
46	Week-16	Concepts	Define the Basic Concepts of Social System of Islam	C1			Interactive Lecture/SGD	2	MCQ's	5
47		Elements	Discuss the Elements of Family	C2						
48		Ethical Values	Relate Ethical Values in Islam	C4						



NU-157 PAKISTAN STUDIES 2(2-0)

Course Description

This course has been designed to enable the students to learn about the historical perspectives of Pakistan. The course is also intended to put light on the government, politics and ideological background of the country. Furthermore; the learners would be able to understand the process of governance, national development, issues arising in the modern age and posing challenges to Pakistan.

Cognitive Domain

By the end of this subject, students should be able to:

1. **Discuss historical perspective of Pakistan**
2. **Explain governments, politics in Pakistan.**
3. **Explain the ideological background of Pakistan.**
4. **Discuss the process of governance, national development, issues arising in the modern age.**
5. **Explain the posing challenges to Pakistan**

Affective Domain

By the end of this subject, students should be able to:

1. **Demonstrate punctuality. Follow the specified norms of the IL, SGD teaching & learning.**
2. **Demonstrate the humbleness and use the socially acceptable language during academic and social interactions with human models, colleagues and teachers.**
3. **Demonstrate ethically competent decisions when confronted with an ethical, social or moral problem related to professional or personal life.**

TOS -NU-157 PAKISTAN STUDIES 2(2-0)

S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/Hours	Assesment	No of Items
				C	P	A				
TOPIC: HISTORICAL PERSPECTIVE										
1	Week-1	Ideological	Discuss the ideological rationales with the special reference to Sir Syed Ahmed Khan	C2			Interactive Lecture/SGD	2	MCQ's	5
2			Discuss the ideological rationales with the special reference to Allama Muhammad Iqbal	C2						
3			Discuss the ideological rationales with the special reference to Quaid-e-Azam Muhammad Ali Jinnah	C2						
4	Week-2	Muslim separatism	Determine the factors leading to Muslim separatism	C4			Interactive Lecture/SGD	2	MCQ's	5
5	Week-3	People and land	Discuss about the people and land of the Indus Civilization	C2			Interactive Lecture/SGD	2	MCQ's	5
6			Discuss about the people and land of the Muslim advent	C2						
7	Week-4	Location and geo-physical features	Explain about the location and geo-physical features of Indus	C2			Interactive Lecture/SGD	2	MCQ's	5
8			Explain about the location and geo-physical features of Muslim civilizations	C2						
9	Week-5	Political and constitutional phases	Discuss the political and constitutional phase of Pakistan from 1947 to 1958	C2			Interactive Lecture/SGD	2	MCQ's	5
10	Week-6		Explore the political and constitutional phase of Pakistan from 1958 to 1971	C2			Interactive Lecture/SGD	2	MCQ's	5
11	Week-7		Discuss the political and constitutional phase of Pakistan from 1971 to 1977	C2			Interactive Lecture/SGD	2	MCQ's	5
12	Week-8		Analyze the political and constitutional phase of Pakistan from 1977 to 1988	C4			Interactive Lecture/SGD	2	MCQ's	5
13	Week-9		Evaluate the political and constitutional phase of Pakistan from 1988 to 1999	C5			Interactive Lecture/SGD	2	MCQ's	5
14	Week-10		Summarize the political and constitutional phase of Pakistan from 1999 onward	C4			Interactive Lecture/SGD	2	MCQ's	5
TOPIC: CONTEMPORARY PAKISTAN										
15	Week-11	Economic Institutions and Issues	Explain the economic institutions of Pakistan	C2			Interactive Lecture/SGD	2	MCQ's	5
16			Explain the issues of Pakistan	C2						
17	Week-12	Society and Social Structure	Discuss the society in Pakistan	C2			Interactive Lecture/SGD	2	MCQ's	5
18			Discuss the social structure in Pakistan	C2						
19	Week-13	Ethnicity	Discuss about ethnicity and its importance in the social structure of Pakistan	C2			Interactive Lecture/SGD	2	MCQ's	5



S.No	Weeks	Content	Learning Outcome	Domain			MIT's	Time/ Hours	Assesment	No of Items
				C	P	A				
20	Week-14	Foreign Policy of Pakistan and Challenges	Discuss about the foreign policy of Pakistan	C2			Interactive Lecture/SGD	2	MCQ's	5
21	Week-15		Explain the challenges in relation to the foreign policy of Pakistan.	C2			Interactive Lecture/SGD	2	MCQ's	5
22	Week-16	Futuristic Outlook of Pakistan	Relate the futuristic outlook of Pakistan	C4			Interactive Lecture/SGD	2	MCQ's	5

Recommended Text Books

FUNDAMENTALS OF NURSING

- Carpenito-Moyet, L. J. (2009). Nursing care plans & documentation: nursing diagnoses and collaborative problems. Lippincott Williams & Wilkins.
- Craven, R. F., & Hirnle, C. J. (2000). Fundamentals of Nursing: Human Health and Function. (3rd ed.). New York: Lippincott.
- Delaune, S. C., & Ladner, P. K. (2002). Fundamentals of Nursing: Standards and Practice. (2nd ed.) Canada: Delmar.
- Erb, G. K., B. (2000). Fundamentals of Nursing: Concepts, Process and Practice (5th ed.) Addison: Wesley.
- Potter, P. A & Perry, A. G. (2003). Basic Nursing: Essentials for Practice (5th ed.) St. Louis: Mosby.

ANATOMY AND PHYSIOLOGY

- Guyton, A. C. (2001). Medical Physiology (10th Ed) Washington: Kirokawa.
- Ross & Wilson. (2000) Anatomy & Physiology in Health & Illness. Edinburgh: Churchill 8th Edition.
- Tortora, G. J. (2000). Principles of Human Anatomy and Physiology (3rd Ed). New York: Happer & Row.

COMMUNITY HEALTH NURSING

- Ansari. I. M., (2003) Community medicine and public health. (6th ed) Karachi.
- Allender, J. A., Spradley, B. W. (2000). Community Health Nursing: Concepts and practice New York: Lippincott
- Basavanthappa, B. T. (1999). Community health nursing (1st Ed.). New Delhi: Jaypee Brothers
- Iliyas, M. (2003). Community medicine & public health (6th Ed.). Karachi: Time Publisher.
- Slam. A (2002). Health sector reforms in Pakistan: Why is it needed? Pakistan Medical Associations, 52, (3), 95-100.

- Kozier, B., Erb, G. & Oliveri, R. (1991) Fundamentals of Nursing: Concepts Process and Practice. (4th Ed.) St. Louis
- McEwen, M. & Nice, M. A. (2001). Community health nursing: Promoting the health of population. Toronto: Saunders
- World health organization (WHO, 1990) Primary Health Care towards the year 2000. Report of consultative on primary health care development held in Geneva.

APPLIED NUTRITION

- Koh, E. T., & Owen, W. L. (2000). Introduction to nutrition and health research. Springer Science & Business Media.
- Calder, P. C. (Ed.). (2002). Nutrition and immune function (Vol. 1). CABI.
- Mahan, L. K. (2004). Krause's food, nutrition, & diet therapy (Vol. 11). S. Escott-Stump (Ed.). Philadelphia: Saunders.
- Peckenpough, N. J. (2013). Nutrition Essentials and Diet Therapy-E-Book. Elsevier Health Sciences.
- Marotz, L. R. (2014). Health, safety, and nutrition for the young child. Cengage Learning.
- Barasi, M. (2003). Human nutrition: a health perspective. CRC press.
- Ross, A. C., Caballero, B., Cousins, R. J., & Tucker, K. L. (2020). Modern nutrition in health and disease. Jones & Bartlett Learning.
- Mela, D. (Ed.). (2005). Food, diet and obesity. Elsevier.
- Boushey, C. J., Coulston, A. M., Rock, C. L., & Mosen, E. (Eds.). (2001). Nutrition in the Prevention and Treatment of Disease. Elsevier.
- Carr, T., & Descheemaeker, K. (Eds.). (2008). Nutrition and health. John Wiley & Sons

ENGLISH

- Writing. Advanced by Ron White. Oxford Supplementary Skills. Third Impresion 1992. ISBN 0 19 435407 3 (particularly suitable for discursive, descriptive, argumentative and report writing).
- Practical English Grammar by AJ. Thomson and AV. Martinet. Exercises 2. Third edition. Oxford University Press 1986. ISBN 0 19 431350 6.
- Writing. Intermediate by Marie-Christine Boutin, Suzanne Brinand and Françoise Grellet. Oxford Supplementary Skills. Fourth Impression 1993. ISBN 019 435405 7 Pages 45-53 (note taking)



- Writing. Upper-Intermediate by Rob Nolasco. Oxford Supplementary Skills. Fourth Impression 1992. ISBN 0 19 435406 5 (particularly good for writing memos, introduction to presentations, descriptive and argumentative writing)
- Reading. Advanced. Brian Tomlinson and Rod Ellis. Oxford Supplementary Skills. Third Impression 1991. ISBN 0 19 453403 0.

ISLAMIAT

- Hameed Ullah Muhammad, "Emergence of Islam", IRI, Islamabad
- Hameed Ullah Muhammad, "Muslim Conduct of State"
- Hameed Ullah Muhammad, 'Introduction to Islam
- Mulana Muhammad Yousaf Islahi,"
- Hussain Hamid Hassan, "An Introduction to the Study of Islamic Law" leaf Publication Islamabad, Pakistan.
- Ahmad Hasan, "Principles of Islamic Jurisprudence" Islamic Research Institute, International Islamic University, Islamabad (1993)
- Mir Wali Ullah, "Muslim Jurisprudence and the Quranic Law of Crimes" Islamic Book Service (1982)
- H.S. Bhatia, "Studies in Islamic Law, Religion and Society" Deep & Deep Publications New Delhi (1989)
- Dr. Muhammad Zia-ul-Haq, "Introduction to Al Sharia Al Islamia" Allama Iqbal Open University, Islamabad (2001)

PAKISTAN STUDIES

- Burki, Shahid Javed. State & Society in Pakistan, The Macmillan Press Ltd 1980.
- Akbar, S. Zaidi. Issue in Pakistan's Economy. Karachi: Oxford University Press, 2000.
- S. M. Burke and Lawrence Ziring. Pakistan's Foreign policy: An Historical analysis. Karachi: Oxford University Press, 1993. 4. Mehmood, Safdar. Pakistan Political Roots & Development. Lahore, 1994.
- Wilcox, Wayne. The Emergence of Banglades., Washington: American Enterprise, Institute of Public Policy Research, 1972.
- Mehmood, Safdar. Pakistan Kayyun Toota, Lahore: Idara-e-Saqafate-Islamia, Club Road.

- Amin, Tahir. Ethno - National Movement in Pakistan, Islamabad:
- Institute of Policy Studies, Islamabad.
- Ziring, Lawrence. Enigma of Political Development. Kent England: WmDawson & sons Ltd, 1980.
- Zahid, Ansar. History & Culture of Sindh. Karachi: Royal Book Company, 1980.
- Afzal, M Rafique. Political Parties in Pakistan, Vol. I, II & III. Islamabad: National Institute of Historical and cultural Research, 1998.
- Sayeed, Khalid Bin. The Political System of Pakistan. Boston: Houghton Mifflin, 1967.
- Aziz, KK Party, Politics in Pakistan, Islamabad: National Commission on Historical and Cultural Research, 1976.
- Muhammad Waseem, Pakistan Under Martial Law, Lahore: Vanguard, 1987.
- Haq, Noor ul. Making of Pakistan: The Military Perspective. Islamabad: National Commission on Historical and Cultural Research, 1993.



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