



Sri Srinivasa Charitable Trust®

HARSHA COLLEGE OF NURSING

Recognized by Govt of Karnataka, Karnataka state nursing council, Affiliated to
Rajiv Gandhi University of health sciences, Bangalore, Recognized by INC, New Delhi

VALUE ADDED COURSE

HUMAN VALUES

PLACEMENT: B.Sc(N),P.B.B.Sc(N),M.Sc(N)

THEORY: 16 HOURS

COURSE DESCRIPTION- This module is meticulously crafted to guide students in not only acquiring knowledge but also cultivating a profound attitude towards embracing and upholding human values. By engaging with this curriculum, students will develop in to the significance of these values in personal and societal contexts. They will also be equipped with tools and strategies to integrate these values into daily actions, decision-making processes, and interpersonal interactions. Furthermore, the Module emphasizes critical thinking and self-reflection, urging students to analyze the impact of values on community well-being and global harmony.

OBJECTIVES:

On completion of the module, the student will be able to

- **Comprehension Development:** Acquire a clear understanding of the core human values and their importance in various life scenarios.
- **Attitudinal Shift:** Cultivate a positive and proactive attitude towards the adoption and promotion of human values.
- **Practical Application:** Learn techniques to seamlessly integrate human values into daily actions and routines.
- **Decision Making Skills:** Understand the role of human values in making ethical and moral decisions in both personal and professional spheres.
- **Interpersonal Relationships:** Enhance interpersonal interactions by applying values such as empathy, respect, and understanding.
- **Self-reflection and Analysis:** Engage in introspective exercises to evaluate personal alignment

with these values and identify areas for growth.

- **Critical Thinking:** Encourage an analytical approach to understanding the broader implications of values in societal and global contexts.
- **Community Engagement:** Recognize the role of human values in fostering community well-being, unity, and harmony.
- **Global Perspective:** Understand the universality of human values and their significance in promoting global peace and cooperation.
- **Continuous Growth:** Equip students with resources and strategies to continually nurture and evolve their understanding and practice of human values throughout life.

ELIGIBILITY: B.Sc(N),P.B.B.Sc(N),M.Sc(N)

COURSE HOURS-16 HOURS

INSTRUCTION FOR COURSE COMPLETION

- Attendance Compulsory
- Students must learn and upgrade the skills required for this course
- Students should obtain 50% to pass in the examination

Unit No	Hours	Content	Method of teaching
I	04	Introduction to Human Values in Healthcare 1. Definition and understanding of human values 2. Importance of values in healthcare 3. Historical perspective on ethics and values in nursing	Lecture cum discussion
II	05	Role of Values in Patient Care 1. Patient dignity and rights 2. Empathy and compassionate care 3. Confidentiality and trust-building 4. Holistic care approach Introduction to medical ethics 5. Role of values in clinical decisions	Lecture cum discussion
III	05	Human Values in Nursing Specializations	Lecture cum discussion

		<ol style="list-style-type: none"> 1. Pediatric nursing and child rights 2. Geriatric nursing and dignity in aging 3. Psychiatric nursing and mental health stigma 4. Oncology and end-of-life care values 5. Healthcare disparities and equity 6. Global health challenges and value-based solutions 7. International nursing collaborations and exchanges 8. Understanding global healthcare cultures and practices 9. Role of nurses in community health 10. Health education and promotion rooted in cultural values 11. Advocacy for under served and marginalized communities 12. Public health campaigns and ethical considerations 	
IV	02	<p>Advanced Professional Ethics</p> <ol style="list-style-type: none"> 1. Research ethics in nursing 2. Legal implications and responsibilities 3. Advanced care planning and directives 4. Innovations in healthcare and ethical considerations 5. Staying updated with evolving ethical guidelines 6. Workshops and seminars on values in healthcare 7. Peer feedback and growth 8. Lifelong commitment to upholding human values in nursing 	Lecture cum discussion



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VALUE ADDED COURSE

STRESS MANAGEMENT

Weekly hours: 06

Total Hours: 20 Hrs

COURSE DESCRIPTION- This comprehensive course is designed to provide individuals with the knowledge, skills, and strategies necessary to manage stress effectively and improve their overall well-being. Through a combination of lectures, discussions, and interactive exercises, participants will learn how to identify the sources of stress, develop coping mechanisms, and cultivate a healthier lifestyle.

Course Objectives:

- To understand the nature and consequences of stress
- To understand the impact of stress on work
- To recognize the stressors, Adaptive and Maladaptive behavior
- To improve emotional intelligence

Course Outcomes:

- Understand the cognitive variables of stress
- Learn Managing Work-Life Balance
- Preparing for better future by reducing the stress.

Course Benefits:

- Reduced stress and anxiety
- Improved emotional intelligence and resilience
- Enhanced overall well-being and quality of life
- Increased productivity and performance
- Better relationships and communication skills

Unit No	Hours	Content	Method of teaching
I	04	Meaning and nature of stress: Difference between stress and distress; Frustration, conflict and pressure; Meaning of stressors; common stressors at work place: Stressors unique to age and gender.	Lecture cum discussion
II	04	Cognitive appraisal of stress: General adaptation to stress; Consequences of stress; Physiological and psychological changes associated with the stress response. Stress and Memory; Stress and Other Cognitive Variables; Stressful environmental conditions on performance.	Lecture cum discussion
III	04	Behavioral aspects of Stress: Adaptive and Maladaptive Behavior. Individual and Cultural Differences: Sources of Stress- Across the Lifespan. College and Occupational Stress.	Lecture cum discussion
IV	04	Stress and Work performance: Role of communication in managing stress and work performance: Emotional regulation and coping; Emotional intelligence and conflict management: Emotional Basis and Stress; Stress and Conflict in Relationships.	Lecture cum discussion
V	04	Strategies of Stress Management and Preparing for future Care of the Self: Nutrition and Other Lifestyle Issues Stress reduction practices: Time management; Exercise; Relaxation techniques; yoga; meditation.	Lecture cum discussion

Reference:

1. Baron .L & Feist.J (2000) Health Psychology 4th edition, USA Brooks/Cole
2. Barlow, Rapee, and Perini(2014), 10 Steps to Mastering Stress: A Lifestyle Approach, USA
3. Clayton,M, (2011).Brilliant stress management How to manage stress in any situation's 1st edition, Great Britain Pearson Education
4. Cooper,C,& Palmer,S, (2000)Conquer Your Stress, London: Institute of personal development Universities Press

CERTIFICATE COURSE
LIFE SKILLS TRAINING

Title	Life Skills Course
Target group	Nursing Students
Goals & objective of the Course	<p>Life skills are “living skills” or abilities for adaptive and positive behavior that enable individuals to deal effectively with demands and challenges of everyday life (WHO, 1993). Life skills training imparts knowledge and develops attitudes and skills that support adoption of healthy behaviors.</p> <p><u>Objectives of the course:</u></p> <ul style="list-style-type: none"> ● The promotion of overall development of Life Skills. ● Socialization i.e. ,interpersonal skills .Effective communication, empathy, decision making will help an individual to socialize better and lead an effective life in a society <p><u>Course outcome:</u> Life skills education is known to contribute to Basic education, gender equality, democracy, good citizenship, youth care and protection, quality and efficiency of the education system, promotion of lifelong learning, quality of life and promotion of peace.</p>
Course content:	<p>Duration of course:16 Hours</p> <p>Eligibility for admission: All under-graduate and post-graduate students Medium of teaching and examination.</p> <ul style="list-style-type: none"> ● Medium of instruction will be in English ● Evaluation of course will be on the basis of attendance, behavior and discipline, practical knowledge obtained during the course period.
Planned Method of teaching-learning	<p>This course will be conducted based on the subject are as described in the syllabus. Each topic will be introduced with lecture and videos following which a group activity will be conducted to inculcate the Life Skill and increase the understanding of the same.</p>
Planned Method of assessment:	Examination: Theory and Practical
Infrastructure	Lecture hall

ANNEXURE I: SYLLABUS

Sl. No.	Content	Hours
1	Week 1:-1 st hour: - Introduction 2 nd hour:-Self awareness Group Activity	02 Hours
2	Week2:-Empathy, Group Activity	02 Hours
3	Weeks3:-Effective communication Group Activity	02 Hours
4	Week4:-Interpersonal relationship skills Group Activity	02 Hours
5	Week5:-Coping with emotions Group Activity Coping with stress Group Activity	02 Hours
6	Week6:-Creative thinking Group Activity Critical thinking Group Activity	02 Hours
7	Week7:-Problem solving Group Activity	02 Hours
8	Week8:-Decision making Group Activity	02 Hours



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CERTIFICATE COURSE

LACTATION MANAGEMENT

- **Placement of course:** I V year B.Sc. Nursing
- **Preamble:** Qualified under graduates with a sound knowledge & skills of lactation management will have more employment opportunities in the future.
- **Scope & need:** Nursing is a complex and challenging profession. Nursing professionals must learn and practice multiple skills as they move to advanced level in their career. At higher level of education nurse need to apply the theoretical and evidenced based information that underpins task performance. Offering value added course is the best measure to identify the interest of graduating nurses and to equip them with essential skills.

- **Course objectives:**

This course is designed to prepare students in expertise & in- depth understanding in the field of lactation management. It would help nursing students to gain knowledge as well as skills in providing care to the breastfeeding mothers & dealing with common breastfeeding problems.

After completing this course, students will be able to:

1. Describe the reasons why breastfeeding is important as well as evidence based risks of not breastfeeding for the infant, mother, family and community at large.
2. Identify factors that contribute to the breastfeeding decision.
3. Counsel a woman about breastfeeding
4. Describe the process of milk production and removal.
5. Recognize correct attachment and effective suckling at the breast.
6. Identify components of anticipatory guidance for all women.
7. Recognize the impact of perinatal hospital practices on breastfeeding.
8. Discuss causes and prevention of common breastfeeding problems.

9. Recognize that infants and mothers with special health care needs can breastfeed.
10. Recommend treatment options compatible with breastfeeding
11. Recognize when and how lactation can be sustained during mother/infant separation.

- **Duration of the course** : 06 weeks
- **Attendance requirement** : A candidate must have 80% attendance to appear for the final exam
- **Evaluation:** Formative evaluation – group activity, assignment & presentation. Conduct of final examinations online, MCQ test for 50 marks Examination for ‘Lactation Management will be conducted by Harsha College of Nursing.
- **Criteria for the pass:** Minimum 50% marks.
- **Award of certificate:** Candidates will be awarded the certificate by Harsha College of Nursing.
- **Date of commencement** : Academic year 2023-2024 onwards

Theory: 12hours
Practical: 03hours

Unit No	Hours		Learning objectives	Content	Method of teaching
	Theory	Practical			
I	02		Describe the basic health promotion strategy in primary care	<p>Breastfeeding: A basic health promotion strategy in primary care</p> <ul style="list-style-type: none"> • Human milk composition • Importance of breastfeeding and risks of not breastfeeding • Current recommendations for breastfeeding • The breastfeeding decision 	Lecture cum discussion

II	05	01	Enumerate the basics of breastfeeding	Basics of Breastfeeding: Getting Started <ul style="list-style-type: none"> • Anatomy • The Physiology of Milk Secretion • Getting Together: Position and Attachment • Evaluation of a Breastfeed • Length (Duration) and Frequency of a Feeding 	Lecture cum discussion Demonstration
				<ul style="list-style-type: none"> • Anticipatory Guidance • Early Hospital Routines • Discharge Planning 	
III	05	02	Explain the common breastfeeding problems	Common breastfeeding problems <ul style="list-style-type: none"> • Common problems <ol style="list-style-type: none"> 1. Inverted nipples 2. Sore nipples 3. Breast engorgement 4. Obstructed lactiferous duct 5. Mastitis 6. “Not enough milk” 7. Jaundice in the breastfed baby • Breastfeeding the infant with special medical problems • Late preterm infants • Maternal medical problems • Breastfeeding during emergency situations • Contraception during breastfeeding • Separation of mother and infant 	Lecture cum discussion Demonstration

- **References:**

1. Lowdermilk, Perry, Bobak, 1. Maternity women's health care. 6th ed: St Louis, Mosby; 1997
2. Sharon Smith Murray, Emily Slone McKinney, Trula Myers Gorrie. Foundations of maternal & newborn nursing. 3rd ed: London, W.B .Saunders; 2002.
3. Dutta D C. Obstetrics. 9th ed: Kolkata, Hiralal Konar; 2018.
4. Lakshmi Seshadri, Gita Arjun. Essentials of Obstetrics. 2nd ed. India, Wolters Kluwer; 2021
5. Jayne Klossner N. Introductory maternity nursing. 1st ed: New York, Lippincott; 2006.
6. Mudaliar A L, Krishna Menon M K. Clinical Obstetrics. 10th ed: Hyderabad, Universities press private limited; 2009.
7. Shirish N Daftary, Muralidhar V Pai, Pralhad Kustagi. Manual of obstetrics. 4th ed: India, Elsevier; 2016.



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VALUE ADDED COURSE

PAIN MANAGEMENT IN LABOUR

- **Placement of course:** IV year B.Sc. Nursing.
- **Preamble:** Qualified under graduates with a sound knowledge & skills of lactation management will have more employment opportunities in the future.
- **Scope & need:** Nursing is a complex and challenging profession. Nursing professionals must learn and practice multiple skills as they move to advanced level in their career. At higher level of education nurse need to apply the theoretical and evidenced based information that underpins task performance. Offering value added course is the best measure to identify the interest of graduating nurses and to equip them with essential skills.
- **Course objectives:**

This course is designed to prepare students in expertise & in- depth understanding the pain management in labor. It would help nursing students to gain knowledge regarding pharmacological and non-pharmacological method of pain relief in labor
- **After completing this course, students will be able to:**
 1. Present an overview of factors affecting women's perception of labor
 2. Discuss how methods such as support and reassurance can impact positively on the birth experience of women.
 3. Describe how strategies that use the body's own mechanism to facilitate the progress & process of labor work.
 4. Discuss the non-pharmacological methods of relieving pain in labor.
 5. Discuss the pharmacological methods of relieving pain in labor
- **Duration of the course :** 06 weeks
- **Attendance requirement :** A candidate must have 80% attendance to appear for the final exam
- **Evaluation:** Formative evaluation – group activity, assignment & presentation. Conduct of final

examinations online, MCQ test for 50 marks Examination for ‘Pain management in labor’ will be conducted by Adichunchanagiri College of Nursing.

- **Criteria for the pass:** Minimum 50% marks.
- **Award of certificate:** Candidates will be awarded the certificate by Adichunchanagiri College of Nursing.
- **Date of commencement :** Academic year 2023-2024 onwards

Theory: 13hours
Practical: 02hours

Unit No	Hours		Learning objectives	Content	Method of teaching
	Theory	Practical			
I	03		Describe the maternal perception of pain.	Maternal perception of pain <ul style="list-style-type: none"> • Introduction of pain, physiology of pain • Pain stimulus and pain sensation • Physiological responses to pain in labor. • Theories of pain 	Lecture cum discussion
II	05	02	Explain the Non pharmacological approaches.	Non pharmacologic Approaches <ul style="list-style-type: none"> • Methods of non-pharmacological approaches. • Homeopathy. • Hydrotherapy. • Music therapy. • TENS 	Lecture cum discussion and demonstration
III	05		Explain the Systemic pharmacologic analgesia.	Systemic Pharmacologic Analgesia <ul style="list-style-type: none"> • Opiate drugs. • Inhalation analgesia • Regional analgesia. <ul style="list-style-type: none"> ➤ Neuraxial techniques ➤ Methods of neuraxial anesthesia ➤ Common Medications Used in Neuraxial Regional Anesthesia during Labor ➤ Contraindications to Neuraxial Regional Anesthesia in Labor peripheral techniques 	Lecture cum discussion .

- **References:**

1. Diane M. Fraser, Margaret A. Cooper, "Textbook of midwife" 8th ed:UK, Churchill livingstone, 2009. 493-506.
2. N kumari 'textbook of midwifery & gynecological nursing, 1st ed: ,PV, 2009, 203-205.
3. S Ahanatha pillai "Anaestheology for nurses" 1ST ed: India, jaypee, 2008.
4. Sandeep kaur, "Textbook of midwifery and gynaecological nursing" 2nd ed: Kolkata, CBS, 2019, 100-133.
5. Dr. Lakshmi seshadri, MD, Dr Gita Arjun, "Essentials of obstetrics" 2nd ed: Chennai, wolters Kluwer, 2021, 210-221.