

# **Syllabus and Regulations Auxiliary Nurse and Midwives**

**Indian Nursing Council**

Combined Council Building, Kotla Road, Temple Lane, New Delhi -110002

## **Preface**

Auxiliary Nurse Midwives (ANM) play major role in improvement of the health and family welfare service. The millennium development goals can be achieved with their active work (involvement) in the community. Infectious diseases such as HIV/ AIDS, TB and Malaria can be prevented and health promotion can be strengthened for all ages especially maternal and child health.

The National Rural Health Mission has been launched by Government of India to bring about improvement in the health system and health status of the people, especially those who live in the rural areas of the country. Some of the objectives of the mission are universal access to public health care services with emphasis on services addressing women and child health, sanitation, immunization, prevention and control of communicable disease including locally endemic disease, access to integrated comprehensive primary health care, population stabilization, gender and demographic balance etc.

With this background the Indian Nursing Council revised the syllabus by having series of consultation with various stakeholders. The components of skilled birth attendant (SBA) and Integrated Management of Neonatal and Childhood Illnesses (IMNCI) has been integrated in the syllabus. Candidates who will qualify after the implementation of the revised syllabus will be able to provide effective qualitative primary health care services in the rural area effectively.

I take this opportunity to acknowledge the contribution of Nursing experts and staff of INC in the preparation of this document.

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## **Amendments for Auxiliary Nurses and Midwives syllabus and regulation**

### **Duration of the course :**

The total duration of the course is 2 year (18 months + 6 months internship)

### **First Year :**

i.	Total weeks	- 52 weeks
ii.	Vacation	- 4 weeks
iii.	Gazetted holiday	- 2 weeks
iv.	Preparatory holidays and examination	- 3 weeks
v.	Teaching hours in weeks	- 43 weeks

**Total teaching hours** - 43 weeks x 40 hours/week = 1720 hrs

### **Second year (including internship)**

i.	Total weeks	- 52 weeks
ii.	Vacation	- 4 weeks
iii.	Gazetted holiday	- 2 weeks
iv.	Preparatory holidays and examination	- 2 weeks
v.	Teaching hours in weeks	- 44 weeks

**Total teaching hours** - 44 weeks x 40 hours/week = 1760 hrs

### **Admission terms and Conditions :**

1. The minimum age for admission shall be 17 years on or before 31<sup>st</sup> December of the year in which the admission is sought.
2. The maximum age for admission shall be 35 years.
3. The minimum educational requirement shall be the passing of 12 years of schooling (10+2 year course) recognized by CBSE/ICSE/SSSCE/HSCE or a recognized equivalent examination.

## COURSE OF STUDY

### FIRST YEAR :

S.No	NURSING COURSE Course title and description	CLASSROOM HOURS			EXPERIENCE		
		Theory	Demonstration	Total	Hospital	Community	Total
i.	Community health nursing	<b>120</b>	<b>50</b>	<b>170</b>	<b>10</b>	<b>100</b>	<b>110</b>
ii.	Health Promotion	<b>120</b>	<b>75</b>	<b>195</b>	<b>20</b>	<b>180</b>	<b>200</b>
	A. Nutrition	35	20	55			
	B. Human Body & Hygiene.	35	20	55			
	C. Environmental Sanitation	20	15	35			
	D. Mental Health	30	10	40			
iii.	Primary Health care nursing -I	<b>130</b>	<b>150</b>	<b>280</b>	<b>90</b>	<b>300</b>	<b>390</b>
	A. Infection and immunization	25	20	45			
	B. Communicable Diseases.	40	25	65			
	C. Community health problems.	30	50	80			
	D. Primary medical care	20	20	40			
	E. First aid and referral.	25	35	60			
iv.	Child Health Nursing	<b>75</b>	<b>110</b>	<b>185</b>	<b>80</b>	<b>100</b>	<b>180</b>
	<b>Total Hours</b>	<b>455</b>	<b>385</b>	<b>835</b>	<b>200</b>	<b>680</b>	<b>880</b>

**TOTAL = 1720 Hours**

**SECOND YEAR (First 6 months)**

S.No.	NURSING COURSE Course title and description	CLASSROOM HOURS			EXPERIENCE		
		Theory	Demonstration	Total	Hospital	Community	Total
v.	Midwifery	200	160	360	220	160	380
vi.	Health Center Management	40	40	80		60	60
	Total Hours	240	200	440	220	220	440

**Total 880 Hours****SECOND YEAR (Internship period)**

S.No.	NURSING COURSE Course title and description	EXPERIENCE		
		Hospital	Community	Total
i.	Midwifery	240	240	480
	• Antenatal ward	40		
	• Intranatal/labour room	120		
	• Post natal ward	40		
	• Neonatal care unit	40		
II.	Child Health	80	160	240
III.	Community Health and Health center management		160	160
	Total Hours			880

**Total = 880 hours in the internship period****Grand Total = 1760 hrs.****Guidelines for internship :**

- The ANM students (in a group of 4-5) should be posted in the sub center/primary health center with a regular ANM for one month/4 weeks for supervised independent practice in the community which should be residential.
- The students should participate in all the National Health and Family Welfare programs during their clinical experience.
- At least 80% of all the clinical requirements should be completed before appearing for the final (Second year) examination.
- The principal of the ANM school should certify for each student that she has undergone successfully the internship program, 100% clinical requirements and acquired the requisite competencies as listed in the syllabus before the award of the certificate/diploma by the state nursing councils/examination boards.
- The casebook and competency record book should be completed and signed by the competent authority of the school.

## Scheme of Examination

### Theory and practical examinations at the end of the first year

Paper	Course	External Assessment	Internal Assessment	Duration
Theory Paper I	Community Health Nursing	75	25	3 hrs
Theory Paper II	Health Promotion	75	25	3 hrs
Theory Paper III	Primary Health Care Nursing	75	25	3 hrs
Theory Paper IV	Child Health Nursing	75	25	3 hrs
Practical I	Community Health Nursing and health promotion	100	100	
Practical II	Child health Nursing	100	100	
	<b>Total</b>	<b>500</b>	<b>300</b>	

**Grand total for first year 800 marks**

### Theory and practical examinations at the end of the Second year

Paper	Course	External Assessment	Internal Assessment	Duration
Theory Paper V	Midwifery	75	25	3 hrs
Theory Paper VI	Health Centre Management	75	25	3 hrs
Practical III	Midwifery	100	100	
Practical IV	Primary health care and health center management	100	100	
	<b>Total</b>	<b>350</b>	<b>250</b>	

**Grand total for second year 600 marks**

### Venue for Practical Examination :

1. Govt. District only (if the District Hospital is not having School or College of Nursing attached to the District Hospital) even then practical examination of 2<sup>nd</sup> year ANM students should be conducted at District Hospital.
2. All the ANM Schools run by Government or Private Schools in the District, their examination should be conducted in district hospital.
3. If large number of private Schools exist in the District, proper planning and phasing to be done by examination board to cover all students.

## Midwifery

Expected competency	Hospital Experiences	Community Experiences
<ul style="list-style-type: none"> <li>• Assessment and care of normal pregnant woman</li> </ul>	<ul style="list-style-type: none"> <li>• Detecting pregnancy using pregnancy testing kit.</li> <li>• Registration of antenatal mothers.</li> <li>• Pre conception counseling</li> <li>• Measuring the blood pressure, pulse and fetal heart rate, checking for pallor and edema and determining the fundal height, fetal lie and presentation accurately.</li> <li>• Hemoglobin estimation and testing urine for protein and sugar</li> <li>• Examine 20 antenatal women (in the hospital and community)</li> <li>• Provide IFA supplements and administer TT injection to 10 women.</li> </ul>	<ul style="list-style-type: none"> <li>• Registration and management of vital events registers.</li> <li>• Conduct antenatal examinations at home</li> <li>• Participate in antenatal clinics in the sub center</li> <li>• Malaria testing for pregnant mothers.</li> <li>• Counseling on birth preparedness, complication readiness, diet and rest, infant feeding, sex during pregnancy, domestic violence and contraception.</li> </ul>
<ul style="list-style-type: none"> <li>• Conduct normal delivery</li> <li>• Recognize different degrees of tears give emergency care and refer.</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain midwifery case book</li> <li>• Conduction pelvic assessment to determine pelvic adequacy. PV examination 5</li> <li>• Plotting the partograph and deciding when to refer the women.</li> <li>• Conduction 10 safe deliveries (in the hospital and community), with active management of the third stage of labour, using infection prevention practices,</li> <li>• Assist in the suturing of 5 episiotomies and tears</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct deliveries in the community (health centers preferably and home)</li> </ul>
<ul style="list-style-type: none"> <li>• Assessment and care of postnatal mothers and newborns</li> </ul>	<ul style="list-style-type: none"> <li>• Provide essential care of the newborn 10</li> <li>• Basic resuscitation of the newborn 5</li> <li>• Managing/counseling on post-partum care and</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up of 10 postnatal mothers for 10 days with at least 3 home visits.</li> <li>• Care of newborns</li> </ul>

	<p>nutrition</p> <ul style="list-style-type: none"> <li>• Counseling/supporting of mothers for breast feeding and preventing/managing breast feeding problems</li> <li>• Counseling for kangaroo mother care</li> <li>• Care of postnatal mothers 10 (in the hospital and community)</li> <li>• Conduct health education for groups of mothers and individuals – 3 each</li> <li>• Follow infection prevention and biomedical waste management in the labour room and sub center</li> </ul>	<p>at home -10</p> <ul style="list-style-type: none"> <li>• Conduct health education for groups of mothers and individuals -2 each</li> <li>• Integrate the accepted practices of AYUSH</li> </ul>
<ul style="list-style-type: none"> <li>• Assessing and referring mothers at risk</li> </ul>	<ul style="list-style-type: none"> <li>• Identify high-risk mothers and give care</li> <li>• Prepare for caesarean sections -2</li> <li>• Observe caesarean section - 2</li> <li>• Observe abnormal deliveries 5</li> <li>• Prepare for MTP and observe procedure -2</li> <li>• Take care of women with abortion -2</li> <li>• Insert an intravenous line.</li> <li>• Insert a urinary catheter in women</li> <li>• Preparation and administration of magnesium sulphate injection.</li> <li>• Preparation and administration of oxytocin drip.</li> <li>• Bimanual compression of the uterus for the management of PPH</li> <li>• Care of mother with HIV.</li> <li>• Digital removal of retained products of conception for incomplete abortion.</li> <li>• Provide post abortion care.</li> </ul>	<ul style="list-style-type: none"> <li>• Do a case study of complicated childbirth in the village</li> <li>• Conduct a village meeting for emergency transport of women at risk</li> <li>• Identify and refer women with unwanted pregnancy for MTP</li> <li>• Interview any 10 women and list reasons for unsafe motherhood and abortion</li> <li>• Identify high risk mothers 5 and newborns 5 and refer them to the higher center</li> </ul>



<ul style="list-style-type: none"> <li>• Counsel eligible couples about different methods of contraception</li> <li>• Prepare acceptors for sterilization and IUCDs</li> <li>• Direction of cervical cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Counseling of mother/couples for family planning.</li> <li>• Prepare and assist for sterilization of 5 female and 2 male cases (in the hospital or community)</li> <li>• Insertion of intra uterine devices and prescription of contraception of contraceptives.</li> <li>• Perform 2 IUCD insertions (in the hospital or community)</li> <li>• Distribute oral pills -5</li> <li>• Demonstrate the use of condoms and distribute condoms -5</li> <li>• Visual inspection of the cervix and taking a pap smear test -2</li> </ul>	<ul style="list-style-type: none"> <li>• Counsel eligible couples on different methods of contraception</li> <li>• Perform 2 IUCD insertions (in the hospital or Community)</li> <li>• Distribute oral pills -5</li> <li>• Demonstrate the use of condoms and distribute condoms -5</li> <li>• Visual inspection of the cervix and taking a pap smear test -2</li> </ul>
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**Clinical requirements to be completed during the internship period :-**

In addition to practicing and gaining competency in the above mentioned skills, the students are expected to complete the following requirements during the internship period :

Expected competency	Hospital and community experiences
<ul style="list-style-type: none"> <li>• Assessment and care of normal pregnant woman</li> </ul>	<ul style="list-style-type: none"> <li>• Examine 15 antenatal women (in the hospital and community)</li> </ul>
<ul style="list-style-type: none"> <li>• Conduct normal delivery</li> <li>• Recognize different degrees of tears give emergency care and refer.</li> </ul>	<ul style="list-style-type: none"> <li>• Conducting pelvic assessment to determine pelvic adequacy. PV examination 5</li> <li>• Conducting 10 safe deliveries (in the hospital and community), with active management of the third stage of labour, using infection prevention practices.</li> <li>• Assist in the suturing of 5 episiotomies and tears</li> </ul>
<ul style="list-style-type: none"> <li>• Assessment and care of postnatal mothers and newborns</li> </ul>	<ul style="list-style-type: none"> <li>• Provide essential care of the newborn -10</li> <li>• Basic Resuscitation of the newborn -5</li> <li>• Care of postnatal mothers 10 (in the hospital and community)</li> </ul>
<ul style="list-style-type: none"> <li>• Assessing and referring mother at risk</li> </ul>	<ul style="list-style-type: none"> <li>• Take care of women with abortion -2</li> </ul>
<ul style="list-style-type: none"> <li>• Counsel eligible couples about different methods of contraception</li> <li>• Prepare acceptors for sterilization and IUCDs</li> <li>• Detection of cervical cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare and assist for sterilization of 5 female and 2 male cases (in the hospital or community)</li> <li>• Perform 3 IUCD insertions (in the hospital or community)</li> <li>• Distribute oral pills -5</li> <li>• Demonstrate the use of condoms and distribute condoms -5</li> </ul>
<ul style="list-style-type: none"> <li>• Management of sick neonates and children (IMNCI)</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment and care of 5 sick neonates and 5 sick children as per the IMNCI protocols.</li> </ul>

**Clinical requirements to be completed during the 2<sup>nd</sup> year :-**

<b>Competency</b>	<b>1<sup>st</sup> 6 months of 2<sup>nd</sup> year</b>	<b>Internship</b>	<b>Total during 2<sup>nd</sup> year</b>
ANC	20 (hospital + Community)	15 (Hospital + community)	35 (hospital + community)
Conducting normal deliveries with AMTSL	10 (Hospital + community*)	10 (Hospital + community)	20 (Hospital + Community)
Assist suturing of Episiotomy/tears	5	5	10
Care of new born	10	10	20
Basic resusc. Of normal new born	5	5	10
P/V Examination	5	5	10
Postnatal cases	10 (hospital + Community)	10	20 (hospital + community )
Management of sick neonates and children (INCI)	-	5+5	5+5
IUCD insertion	2	3	5