

# CETSE 2023 SYLLABUS FOR ITEM No. 4 (ANM/FHW)

## Auxiliary Nursing And Midwifery (ANM)

### Unit Contents

- 1 Concept of Health
  - Health and its changing concepts.
  - Dimensions of health
  - Determinants of health
  - Primary health care, definition, components, significance, community, application
- 2 Community Health practices
  - Health concepts of people and health care providers.
  - Health behaviours, beliefs and cultural practices of community.
  - Ethics and behaviour related to community practices.
  - Method of home visiting.
- 3 Health problems and policies
  - Overview of health problems of communities in India.
  - Trends and development in national health programmes and policies • National health programmes and its implementation at community level.
  - Role and functions of Accredited Social health Activists (ASHA), Anganwadi worker, Dai etc.
- 4 Health Organization
  - Organization of SC, PHC, CHC and district hospital.
  - Organization of health care delivery system at different levels
  - Referral system
  - Health agencies: International: WHO, UNICEF, UNFPA, UNDP, World Bank, FAO, DANIDA, European Commission, Red Cross, US aid, UNESCO, Colombo Plan, ILO, CARE etc.
  - National: Indian Red Cross, Indian Council for Child welfare, Family planning association of India etc.
  - Non- Governmental organizations
- 5 Role of health team.
  - Team concept and Functions of the health team
  - Role and Responsibilities of ANM \ FHW
  - Code of ethics for ANM
- 6 Structure of community
  - Rural Community- Characteristics , changes in the village community development, major rural problems
  - Urban Community- Characteristics , changes and adjustments to urban environment, major urban problems
  - Village: Physical structure - Administrative set up:
  - Function of Panchayat

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- 73rd and 74th amendments to Constitution and role of Panchayat in health.
  - Structure of an urban community slum
  - Social groups organizations, leaders
  - Community resources
- 7 Dynamics of community
- Social processes-individual and process of socialisation
  - Interaction between different social groups in the village.
  - Traditions and customs and their influence on health.
  - Social stratification: Influence of Class, Caste and Race on health and health practices
  - Family and marriage: Types
  - Changes & legislations on family and marriage in India -marriage acts
- 8 Community need assessment
- Scope and Methods of community need assessment
  - Survey: Planning Preparation of tools: questionnaires, interview schedules, check list etc
  - Community survey: Principles and methods: data collection, conducting interviews, focus group discussions (FGD) and case studies
  - Participatory learning for action (PLA)
  - Analysis of data, Preparation of report
- 9 Communication methods & media
- Principles, Methods and Process of communication.
  - Inter personal relationship (IPR): communication with different groups and health team members.
  - Types and use of AV aids
  - Use of local folks methods and media for disseminating health messages.
  - BCC (Behavioural change communication), IEC(Information, Education and communication): Aims, Scope, concept and approaches
  - Teaching learning process, concept, characteristics, steps of learning, characteristics of learner
  - Principles, methods of teaching
  - Planning of health education activities:
  - Role and responsibilities of ANM's/ Health workers in BCC
- 10 Counselling.
- Concept, Principles and Techniques of counselling.
  - Identifying needs and areas for counselling in the community.
  - Role of counsellor
  - Role of ANM/ Female Health worker as counsellor
- 11 Community based rehabilitation
- Health Conditions needing rehabilitation
  - Community Resources available
  - Educate individuals, family and community.

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## UNIT - II

### HEALTH PROMOTION

#### A. Nutrition

##### Unit Contents

- 1 Essential nutrients
  - Importance of nutrition in health and sickness
  - Essential nutrients, functions, sources and requirements • Classification of foods and their nutritive value
  - Normal requirements at different ages.
  - Balanced diet for different age group
- 2 **Nutritional problems** Nutritional deficiencies:
  - Deficiencies, correction, treatment and referral - protein energy malnutrition
  - Vitamin and mineral deficiencies: Nutritional anaemia in women
  - Under five nutrition
  - The role of ANM's/ FHW/ AWWs in supplementary food.
  - Special diets of individuals for different age group.
- 3 **Nutritional assessment**
  - Methods of nutritional assessment of individual and family: mother and child
  - Identification of local food sources and their value in enriching diet.
  - Food fads, taboos, customs and their influence on health.
- 4 **Promotion of nutrition**
  - Planning diets and special diets for a family
  - Methods of using locally available foods for special diet
  - Principles and methods of cooking
  - Promotion of kitchen gardens
  - Food hygiene and safe preparation
  - Storage and preservation
  - Food adulteration
  - Precautions during festivals and Melas.

#### B. Human body and hygiene

##### Unit Contents

- 1 **The human body**
  - Structure and functions of human body.
  - Body systems and their functions
  - digestive system respiratory system, genito urinary system, cardiovascular system, nervous system, muscular system, endocrine system, special sensory organs.

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## 2 Hygiene of the body

- Personal and individual hygiene - Care of mouth, skin, hair and nails. - Sexual hygiene
  - Menstrual hygiene.
  - Hygiene and comforts needs of the Sick: Care of skin:  
Bath sponging, back care, care of pressure points, position changing,
  - Care of hair: hair wash
  - Care of hand and nails: hand washing • Care of eyes: eye wash,
  - Mouth care:
  - Elimination Care of bowels and bladder 3
- Optimal functioning of the body**
- Basic human needs - Rest, sleep, activity, exercise, posture etc - Food, eating and drinking habits - Participation in social activities. - Self-actualisation and spiritual need. - Interpersonal and human relations - Lifestyle and healthy habits.

## C. Environmental Sanitation

### Unit Contents

#### 1 Environmental Sanitation

- Environment and ecology for healthy living: basic sanitary needs.
- Air, sunlight and ventilation.
- Home environment smoke, animals, water, drains and toilets etc.

#### 2 Safe water

- Sources of water & characteristics of safe water - sources of contamination and prevention.
- Purification of water for drinking : methods- small and large scale.
- Disinfections of well, tube well tank and pond in a village.
- Waterborne diseases and prevention. 3 **Disposal of excreta and waste.**
- Methods of excreta disposal - types of latrine.
- Handling animal excreta.
- Methods of waste disposal
- Hazards due to waste

#### 4 Community participation

- Drainage and preparation of soak pits.
- Maintaining healthy environment within and around village -cleaning and maintenance of village drains, ponds and wells.

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- Common waste, excreta and animal waste - disposal in the village.

### D. Mental Health

#### Unit Contents

##### 1 Mental Health

- Concept of mental health
- Body-mind Relationship.
- Factors influencing mental health.
- Characteristics of a mentally healthy person.
- Developmental tasks of different age groups
- Different defense mechanisms

##### 2 Maladjustment

- Features of a maladjusted individual.
- Common causes of maladjustment.
- Counselling an individual, family and community.

##### 3 Mental illness

- Identify abnormal behaviours.
- Types of mental illnesses and treatments.
- Early detection and referral of mentally ill
- Prevention of mental illness
- Home care and counselling
- Refer psychiatric emergencies.

##### 4 Old age care

- Process of ageing -physical, psychological changes.
- Needs and problems
- Care of elderly at home.
- Rehabilitation and agencies of caring elderly.

### UNIT - III

## PRIMARY HEALTH CARE -(PREVENTION OF DISEASE AND RESTORATION OF HEALTH)

### A. Infection and Immunization Unit

#### Contents

##### 1 Concept of disease.

- Concept and definition of illness • Disease causation • Classification of diseases.

##### 2 Infection

- Meaning and types of infection.
- Causes of infection

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- Classification and characteristics of micro organisms: Pathogenic and Non-pathogenic • Incubation period and spread of infection -transmission
  - Factors affecting growth and destruction of microbes. 3 **Immunity and body defense mechanisms**
  - Body's defense mechanism
  - Immunity - concept
  - Hypersensitivity: Antigen antibody reaction
  - Types of immunity
  - Types of vaccines
  - Storage and care - cold chain maintenance
- 4 **Immunization**
- Immunization against different infections
  - immunization schedule
  - Injection safety Methods of administering vaccine
  - Sterilization of syringes and needles.
  - Immunization in the community
  - Immunization Hazards Precautions while giving vaccines
  - Special immunization drives and programmes.
  - Records and reports
- 5 **Collection of specimen**
- Principles and methods of collection of specimens and handling body discharges.
  - Collection of specimens of blood, sputum, urine, stool • Safe disposal of body discharges.
- 6 **Disinfection and sterilization**
- Principles and methods of antiseptis, disinfection and sterilization
  - Methods of disinfecting different equipments
  - Methods of sterilizing different equipments
- 7 **Waste Disposal** • Waste disposals-infectious and non-infectious: concepts, principles, and methods at different levels

### B. Communicable Diseases

#### Unit Contents

- 1 **Introduction to communicable diseases**
- Common communicable diseases; Epidemiological concepts -Incidence and prevalence, mortality and morbidity.
  - Levels of prevention
  - Control and prevention of communicable diseases General measures
  - Surveillance, isolation, notification, reporting.
- 2 **Communicable diseases.**
- Signs, Symptoms, care and prevention of the following:
    - Diphtheria, pertussis, tetanus, poliomyelitis, measles and tuberculosis

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- Chicken pox, mumps, rubella, enteric fever, hepatitis, rabies, malaria, dengue, filaria, kala-azar trachoma, conjunctivitis, scabies, STDs and HIV/AIDS - Encephalitis Leptospirosis - Acute respiratory infections.

- Diarrhoeal diseases - Worm infestations - leprosy.

- Role and responsibilities of health worker/ANM 3

### Care in communicable diseases

- Care of patients with communicable diseases.
- Isolation methods.
- Standard safety measures (Universal precautions)
- Health education and messages for different communicable diseases.
- Role and responsibilities of health worker/ANM

### 4 Epidemic Management

- Definitions and causes of epidemics.
- Epidemic enquiry in a community and epidemic mapping
- Relief work and role of health worker/ ANM.

## C. Community Health Problems

### Unit

#### Contents

#### 1 Care of the sick in the community

- Common health conditions in the community -danger signs of illnesses.
- Health assessment: Taking history, Physical examination: Vital signs, Weight, Height: - recognition of abnormalities • Identification of health problems
- Management of the sick: home and community nursing procedures, care of the sick, referral
- Health education: individual and family

#### 2 Fever

- Vital signs; Temperature, pulse, respiration, blood pressure
- Temperature maintenance and the physiology of fever
- Fever: Types and stages
- Causes of fever -common conditions causing fever, malaria, typhoid, Acute respiratory Infection( ARI) etc
- Nursing management of patient with fever
- Alternate system of medicine

#### 3 Respiratory problems • Common respiratory problems: types, classifications- cold and cough, ARI, Asphyxia, tonsillitis, asthma, bronchitis pneumonia and tuberculosis • Causes, sign and symptoms, treatment of respiratory problems • Management: Role and responsibilities of ANM/health workers in care of patients with respiratory problems including Home care remedies. • Integrate accepted practices of AYUSH

#### 4 Aches and pains

- Causes and nursing management of : Tooth ache, ear ache, abdominal pain, headache, joint pains.



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- Management as per the standing orders and protocols
  - Role of ANM/health worker in the community including Home care remedies
  - Integrate accepted practices of AYUSH
- 5 **Digestive problems**
- indigestion, anorexia, vomiting, distension and Constipation
  - Haemorrhoids, hernia, ulcers and intestinal obstruction
  - Role of ANM/health worker in the community including Home care remedies.
  - Integrate accepted practices of AYUSH
- 6 **Urinary problems**
- Signs and symptoms of renal conditions
  - Retention of urine, renal colic, edema
  - Role of ANM/health worker in the community including Home care remedies.
  - Integrate accepted practices of AYUSH
- 7 **Cardiovascular problem**
- Signs and symptoms of cardiac conditions and blood related problems: heart attack, chest pain, anemia, hypertension and leukemia
  - Care of a cardiac patient at home
  - Role of ANM. Health worker in the community including Home care remedies.
  - Integrate accepted practices of AYUSH
- 8 **Diseases of the nervous system**
- Signs and symptoms of neurological problems -Headache, backache and paralysis
  - Care of a patient with stroke at home.
  - Care of pressure points, back care changing of positions, active and passive exercises, body support to prevent contractures.
  - Role of ANM/health worker in the community including Home care remedies.
  - Integrate accepted practices of AYUSH
- 9 **Metabolic diseases**
- Diabetes - signs and symptoms, complications diet and medications
  - Skin care, foot care
  - Urine testing and administration of insulin injection.
  - Integrate accepted practices of AYUSH
- 10 **Diseases of muscular skeletal system**
- Signs and symptoms of sprain, tear of ligaments and arthritis.
  - Integrate accepted practices of AYUSH
- 11 **Care of handicap**
- Handicaps - different types
  - Counselling for prevention of certain handicaps
  - Understandings the handicapped person
  - Helping family to ensure need based care



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## Unit Contents

- 1 **Types of drugs**
  - Different Systems of medicine: allopathic and AYUSH
  - Classifications of drugs
  - Forms and characteristics of drugs
  - Abbreviations used in medication
  - Administration of drugs: Policies and regulations, as per protocols and standing orders
  - Calculation of dosage
- 2 **Administration of drugs**
  - Routes of administration - Oral, parenteral (intradermal, intramuscular, subcutaneous, Intra venous), rectal, local and others.
  - Administration of drugs: Precautions, principles
  - Observations and recording.
- 3 **Drugs used in minor ailments**
  - Common drugs for fever, cold and cough, aches and pains etc.
  - Drug kit in the subcentre, content and its use.
  - Storage and care of drugs
- 4 **Common emergency drugs**
  - Methergine, misoprostol injection oxytocin, IV fluids, antibiotics, injection and magnesium sulphate deriphylline, avil and other antihistaminic, pethedine, vitamin K, antirabies vaccine, anti snake venoms as per the protocol
  - Precautions for administration
  - Storage and Care of emergency drugs

## E. First Aid and Referral

### Unit Contents

- 1 **Need for First Aid**
  - Principles of first aid
  - Mobilization of resources
  - First aid kit & supplies.
  - Bandages: Types, Uses
  - Principles and methods of bandaging
- 2 **Minor Injuries and ailments**
  - Cuts and wounds : types, principles and first aid care
  - Foreign bodies
  - Burns and scalds types, principles and first aid care
  - Health education and referral
  - Role of ANM/health worker
- 3 **Fractures**
  - Skeletal system and different bones.
  - Fractures: Types, Causes, signs and symptoms, first aid care,

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- Methods of immobilization and transportation.
- 4 **Life Threatening Conditions**
- Bleeding
  - Drowning
  - Strangulation, suffocation and asphyxia
  - Loss of consciousness
  - Cardio respiratory arrest
  - Convulsions
  - Foreign bodies
  - Chest injuries
  - Shock and allergic conditions
  - Poisoning, bites and stings
  - Stroke
  - Heat stroke
  - Severe burn

### UNIT - IV CHILD HEALTH NURSING

Unit	Contents
1	<b>Growth &amp; development</b> <ul style="list-style-type: none"><li>• Introduction to Growth and development</li><li>• Factors affecting growth and development</li><li>• Growth and development in infants and children: Assessment</li><li>• Physical, psychological and social development of children</li><li>• Monitoring and recording of growth and development of infants and children</li><li>• Care of infants and children - play, hygiene, emotional needs training for bowel and urination</li><li>• Accidents: causes, precautions and prevention.</li><li>• Congenital anomalies</li></ul>
2	<b>Nutrition of infants and children</b> <ul style="list-style-type: none"><li>• Exclusive Breast feeding</li><li>• Nutritional requirements</li><li>• Complementary feeding</li><li>• Problems of feeding</li><li>• Breast feeding Counselling</li><li>• Infant feeding and HIV</li><li>• Baby friendly hospital initiative</li></ul>
3	<b>Children's Rights</b> <ul style="list-style-type: none"><li>• Convention of Rights of the Child</li><li>• Prevention of child labour</li><li>• Abuse and legal protection</li></ul>

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- Special care of girl child.
- Female infanticide

### 4 **Care of the sick child**

- Common childhood disorders:
- Signs, symptoms and management.
- Vaccine for preventable diseases
- Acute Respiratory tract infections
- Diarrhoea vomiting, constipation
- Tonsillitis and mumps
- Ear infections
- Worm infestation
- Accidents and injuries
- Skin infections
- Fever - malaria, measles.
- IMNCI strategy

### 5 **Care of School children**

- School health: Objectives, problems and programmes
- Environment of school
- Assessment of general health of school children
- Dental and eye problems
- Nutritional deficiencies
- School health education for children
- Need based sharing of health information with teachers/ parents/children
- Records and reports

### 6 **Care of adolescents**

- Physical growth during adolescence
- Emotional and behavioural changes in girls and boys
- Special needs of adolescents.
- Sex education for adolescents
- Counselling

### 7 **Care of adolescent girls**

- Menstruation and menstrual hygiene
- Special nutritional needs
- Early marriage and its affects
- Adolescent girls: pregnancy and abortion
- Preparing for family life- pre marital counseling.
- Role of ANM/ female health worker

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## MIDWIFERY

### Unit Contents

- 1 **Human Reproductive System**
  - Female reproductive organs - structure and function
  - Menstrual cycle
  - Male reproductive organs structure and functions
  - Process of conception
- 2 **Female Pelvis and foetal skull**
  - Structure of the pelvic bones-types of pelvis
  - Pelvic diameters
  - Muscles and ligaments of pelvic floor
  - Foetal skull : bones, diameters, sutures, size, shape, moulding, skull areas, fontanelles
- 3 **Foetus and placenta**
  - Growth and development of foetus, foetal sac and amniotic fluid and foetal circulation and changes after birth
  - Structure and functions of placenta, membranes and umbilical cord and abnormalities
  - Refer SBA module of Ministry of health and Family Welfare
- 4 **Normal pregnancy**
  - Signs and symptoms of pregnancy
  - various diagnostic tests for conformation of pregnancy
  - Physiological changes during pregnancy
  - Minor ailments during pregnancy and their management
  - Refer SBA module of Ministry of health and Family Welfare
- 5 **Antenatal Care**
  - Registration
  - Taking history of a pregnant woman.
  - Physical examination, Investigation - routine and specific
  - Prophylactic medications
  - Need based health information and guidance
  - Nutrition in pregnancy
  - Special needs of a pregnant woman.
  - Involvement of husband and family.
  - Identification of high risks cases and referral
  - Preparation of mother for delivery.
  - Refer SBA module of Ministry of health and Family Welfare
- 6 **Normal Labour**
  - Onset and stages of labour, physiological changes
  - Changes in Uterine muscles, and cervix
  - Lie, attitude, position, denominator and presentation of foetus.
  - Foetal skull,
  - Mechanisms of labour
  - Identification of high risk cases, foetal distress and maternal distress during labour

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- Partograph in the management of the normal labor
- Role of ANM/Female health worker and referral Refer SBA module of Ministry of health and Family Welfare

### 7 **Care during normal labour**

- History of labour
- Importance of five 'C's
- Monitoring progress of labour with partograph preparation for delivery
- Care of mother in first and second stage of labour
- Assist and conduct childbirth
- Immediate care of new-born- resuscitation, apgar score, cord care
- Oxytocin Misoprostol drugs: Dose, route, indication, contraindication, action, side effects, precautions, role and responsibilities of ANM/FHW
- Delivery of placenta and examination of placenta
- Care of mother in third and fourth stage: Recognise degrees of tear and appropriate care and referral
- Establishment of breast feeding, exclusive breast feeding
- Kangaroo mother care
- Baby friendly hospital initiative
- Record childbirth and ensure birth registration Refer SBA module of Ministry of health and Family Welfare

### 8 **Normal puerperium**

- Physiological Changes during postnatal period
- Postnatal assessment
- Minor ailments during puerperium and their management
- Care of mother-diet, rest, exercise, hygiene
- Management of breast feeding.
- Prophylactic medicines
- Special needs of postnatal women
- Need based health education.
- Refer SBA module of Ministry of health and Family Welfare

### 9 **Care of New-born**

- Assessment of newborn for gestation age, risk status and abnormalities
- Neonatal resuscitation
- Monitoring of vital signs and birth weight
- Management of normal new-born and common minor disorders.
- Exclusive Breast feeding and management
- Temperature maintenance, kangaroo mother care
- Immunization
- Care of newborn: Jaundice, infection, respiratory problems

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- Principles of prevention of infection
- Educating mother to look after babies. Integrate accepted practices of AYUSH
- Refer SBA module of Ministry of health and Family Welfare

### 10 High risk New Born

- Pre term / Low Birth weight babies.
- Special needs of high risk babies
- Care at home -referral and follow up
- Care during asphyxia, convulsions, vomiting.
- Care for thrush, cord sepsis, diarrhoea.
- Implementation IMNCI protocol

Refer SBA module of Ministry of health and Family Welfare

### 11 Safe mother-hood

- Concept and cause of maternal mortality and morbidity
- Safe motherhood components: RCH and NRHM
- Preventive measures
- Role of ANM/Female Health worker
- Refer SBA module of Ministry of health and Family Welfare

### 12 High risk pregnancies

- High risk pregnancies: Identification, Risk factors, decision making, and management.
- Protocols and standing orders:
- Referral and follow up
- Counselling and guidance about high risk conditions
- Involvement of husband and family

Role of ANM/Female Health worker Refer SBA module of Ministry of health and Family Welfare

### 13 Abnormalities of pregnancy

- Common abnormalities of pregnancy: hyperemesis gravidarum, leaking and bleeding per vagina
- Anaemia of pregnant woman
- Eclampsia and pre eclampsia and toxemia of pregnancy
- Indication of premature rupture of membranes, prolonged labour, anything requiring manual intervention, UTI, puerperal sepsis.
- Obstetrical shocks:
- Uterine abnormalities, ectopic pregnancy
- Diseases complication pregnancy - TB, diabetes. Hypertension
- Infections during pregnancy - RTI/ STIs malaria, HIV, AIDS
- Rh factor
- Standing orders and protocols
- Role of ANM / Female Health worker
- Refer SBA module of Ministry of health and Family Welfare

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### 14 **Abortion**

- Types of abortion, causes of abortion
- Need for safe abortion - referral
- Complications of abortions
- Medical termination of pregnancy
- Care of woman who had abortion
- Role of ANM / Health worker

Refer SBA module of Ministry of health and Family Welfare

### 15 **Abnormal childbirth**

- Common abnormalities of childbirth
- Abnormal presentations
- Abnormal uterine actions
- Cephalo pelvic disproportion
- Prolonged labour
- Identification, immediate management and referral • Emergency care of mother during transfer to hospital.
- Role of ANM/ Female health worker
- Refer SBA module of Ministry of health and Family Welfare

### 16 **Abnormal Puerperium**

- Postpartum haemorrhage and its management.
- Puerperal sepsis and its management
- Retention of urine
- Breast complications during lactation and their management
- Psychiatric complications

Role of ANM/Female health worker

- Refer SBA module of Ministry of health and Family Welfare

### 17 **Surgical Intervention**

- Assisting in the followings:
  - Induction of labour and its management - Forceps and Vacuum extraction
  - Episiotomy and suturing
  - Craniotomy
  - Caesarean section
  - Pre and post operative care.
- Role of ANM/ Female health worker • Refer SBA module of Ministry of health and Family Welfare

### 18 **Medications used in midwifery**

- Pain relieving drugs
- Anaesthetic drugs
- For uterine contractions
- For controlling bleeding
- For preventing postnatal infection.
- For preventing eclampsia



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- Antibiotics
- IV fluids
- Role of ANM/ Female health worker
- Refer SBA module of Ministry of health and Family Welfare

### 19 **Life cycle approach**

- Quality of life and life expectancy
- People's health throughout the life cycle
- Role of education economic status, social status on quality of life
- Holistic approach to life.
- Refer SBA module of Ministry of health and Family Welfare

### 20 **Status of women and empowerment**

- Status of women in society
- Factors affecting status - gender bias, sex selection tests, female foeticide and infanticide sex ratio discrimination and exploitation
- Effect of tradition, culture and literacy
- Relationship between status of women and women's health.
- Effects of women's health in community : single, divorced deserted woman, widows special needs
- Laws related to women.
- Programmes for women's empowerment.
- Refer SBA module of Ministry of health and Family Welfare

### 21 **Women's health problems**

- Complications related to childbirth - WF, RVF, prolapse and incontinence.
- Cervical erosion and leucorrhoea pruritus
- Cancers
  - cervical and breast:
- Pap smear for detection of cancer cervix
- Tumours
  - fibroids • Menstrual disorders •
- Menopause and its implications.
  - Refer SBA module of Ministry of health and Family Welfare

### 22 **RTIs and STIs**

- Causes and signs and symptoms of STIs and RTIs
- Syndromic approach for treatment
- Referral treatment and follow up care.
- Information, education and communication for prevention and treatment.

### 23 **HIV /AIDS**

- Epidemiological facts related to spread of infection
- Methods of transmission
- Effect on immunity and signs and symptoms
- The AIDS patient community support and home care

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- Counselling: process and techniques
  - Counselling of HIV / positive patients and pregnant women.
  - Standard safety measures
  - Voluntary counseling and testing center (VCTC) / Integrated counseling and testing center (ICTC) activities
  - Care continuum and Anti Retro viral Therapy(ART)
  - Prevention of parent to child transmission (PPTCT): prophylaxis and breast feeding guidelines
- 24 **Infertility**
- Classification and Causes of infertility in male and female
  - Investigation and treatment
  - Identification of couples, counselling, referral and follow up.
  - Role of ANM/ Female Health worker
- 25 **Population Education**
- Population trends in India
  - Vital statistics birth and death rates, growth rate, NRR, fertility rate, couple protection rate, family size.
  - National family Programme trends and changes RCH-I, RCH-II programme and NRHM
  - Target free approach for FW
  - Role of mass media and IEC
  - Role of ANM/health worker
- 26 **Family welfare**
- Identification of eligible couples and those need contraceptive methods.
  - Information related to contraception and importance of choice.
  - Natural and temporary methods of contraception
  - Permanent methods
  - New methods norplant and injectables.
  - Emergency contraception
  - Follow up of contraceptive users.
  - Counselling
  - Role of ANM/female Health worker

### UNIT - VI

#### HEALTH CENTER MANAGEMENT

##### Unit Contents

##### 1 The sub center

- Organization of functions and facilities of sub centre
- Sub centre activity plans
- Conduct a clinic and special programs and follow up
- Conducting meetings and counselling sessions.
- Sub centre action plan
- Information, education and communication

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- Display of messages
- 2 **Maintenance of stocks**
- Maintenance of supplies, drugs, equipment, stock, indenting.
  - Calculation of indent as per population requirement
  - Management information and evaluation system(MIES) - Maintenance of records.  
- Reports of sub centre.
- 3 **Co- ordination**
- Inter-sectoral coordination
  - Co-ordination with school teachers,ASHA, anganwadi workers, panchayat
  - Role of NGOs and co-ordination with government departments.
- 4 **Implementation of national health program**
- National Health programs and the role of the ANM
  - Detection, referral, treatment and follow up of cases of malaria, leprosy tuberculosis, blindness, goiter.
- 5 **Update knowledge**
- Continuing education for self development -circulars, hand- outs, meetings, journals.
  - Methods of self development
  - Interacting with community
  - Improving writing speaking abilities in local language and English

