

1st YEAR Scheme of Examination

Theory and practical examinations at the end of
the first year

FIRST YEAR

Paper	Course Assessment	External Assessment	Internal Assessment
Theory Paper A	Anatomy & Physiology, Community Health Nursing	100	NA
Theory Paper B	Fundamentals of Nursing, Nutrition	100	NA
Practical	Paper A & Paper B	125	25
	Total	350	

Scheme of Examination

Theory and practical examinations at the end of
the second year
SECOND YEAR

Paper	Course	External Assessment	Internal Assessment
Theory Paper A	Midwifery	100	NA
Theory Paper B	Community Health Nursing-II	100	NA
Practical	Paper A & Paper B	125	25
Total		350	

1st Year

Paper- A

(A) ANATOMY AND PHYSIOLOGY

COURSE DESCRIPTION:

This course is designed to help the students gain knowledge of the structure and the function of the human body and recognize any deviation from the normal health in order to render effective nursing services

GENERAL OBJECTIVES

Upon completion of the course, the students will be able to:

- * Describe in general the structure and the function of human body
- * Describe in detail the structure and function of different organs and systems in the human body
- * Apply the anatomical and physiological principles in the practice of nursing

COURSE CONTENT

- a. Introduction to anatomical terms
- b. Organization of body cells tissues .organs.
Skeletal system
bone types . structures ,functions
skelton
Articular skeleton

* Joints : classification, structure and function

d. Muscular system

- * Types, structure and functions
- * Position and action of chief muscles of body

e. Cardio-vascular system

- * Blood : composition, clotting and blood group ,
- * Heart: position , structure , function and cardiac-cycle .
- * Blood vessels : structural differences and position of chief vessels
- * Circulation of blood : systemic , pulmonary and portal circulation
- * Blood-pressure and pulse

f. Respiratory system

- * Structure and functions of respiratory organs
- * Physiology of respiration

g. Digestive system

- * Structure and functions of organs of digestion.
- * Process of digestion and absorption .

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h. Excretory system

- * Structure and functions of organs of urinary system
- * Structure and functions of skin
- * Regulation of body temperature
- * Fluid and electrolyte balance

- * Community, community health, community health nursing.
- * Dimensions of health
- * Indicators of health levels of health care
- * Primary health care: Elements and principles
Nurse's role in primary health care.
- * Evolution and development of community health nursing and its present concept.
- * Differences between institutional and community health nursing.
- * Community health team functioning
- * Philosophy, goals, objectives and principles of community health nursing practice.
- * Qualities and functions of a community health nurse.

b. Community health nursing process

- * Concepts and definition
- * Importance of the community health nursing process
- * Steps of the process: Community identification, population composition, health and allied resources, community assessment, planning and conducting community health nursing care services.

c. Health Assessment

- * Characteristics of healthy individual
- * Identification of deviation from normal health.

d. Principles of Epidemiology and Epidemiological methods

- * Definition and aims of epidemiology
- * Basic tools of measurement in epidemiology
- * Uses of epidemiology
 - * Disease Cycle
 - * Spectrum of disease.
 - * Levels of prevention of disease.
 - * Disease transmission-direct and indirect
 - * Immunity
 - * Immuring agents and immunization schedule .
 - * Control of infectious diseases
 - * Disinfection

e. Family Health Nursing care

- * Concept, goals, objectives, family as a unit of health family health care services.
- * Family health and nursing care process- family health assessment, family careplan.
- * Family health services- Maternal, Child care and family welfare services.
- * Roles and function of a community health nurse in family health services.
- * Family health records.

f. Family health care settings

- * Home visiting
- * Purposes
- * Principles
- * Planning and evaluation

- * Bag technique
- * Clinic
- * Purposes
- * Types of clinics and their functions
- * Setting up of various clinics
- * Functions of Health personnel in these clinics

g. Records and Reports

- * Types of records
- * Uses of records
- * Essential requirements of records.
- * Cumulative records
- * Design of cards/ Records

h. Minor Ailments

- * Classification
- * Early detection and management
- * Standing instructions/orders

1st Year
Paper- AB

Fundamentals of Nursing

Course Description

This course is designed to help students develop an ability to meet the basic health need of the patients with regard to nursing care and develop skill in the competencies required for rendering effective patient care.

General Objectives

Upon completion of this course, the student will be able to :

- * Describe the physical mental and social adjustment required of a sick individual and his family.
- * Carry out basic nursing techniques and care with the application of sound scientific principles.
- * Explain the concept of comprehensive nursing care.
- * Develop skills in assessment, planning, implementation and evaluation of the nursing care rendered to the patients.
- * Communicate effectively and establish good interpersonal relationship with the patients, their relatives and other health team members.
- * Demonstrate skills in observation, recording and reporting.

- * Recognize and utilize opportunities for planning and implementing need based health teaching programme(s) for individuals, groups, families and communities.

Course Content

a. Introduction to Nursing

- Nursing: Definition, meaning, Nature, Scope, Principle and history of nursing.
- Nurse: Definition and meaning, preparation of a nurse qualities-personal, professional.
- Ethics in nursing, Role and responsibilities of a nurse.
- Health care agencies: Hospital and Community, Types of Hospitals and their functions.
- Holistic approach to nursing.
- Comprehensive nursing care.

b. Nursing care of the patient / Client

- Introduction to the sick and healthy.
- Determinants of health status.
- Patient/Client : As an individual, member of the family, society, effects of illness and hospitalization on patient and his family.
- Admission of a patient : Patient's unit, set-up and care, admission procedure, reception of patient, care of patient's belongings.

c. Bed and Bed Making

- Principle of bed-making, factors to be considered in selecting and making bed, different types of beds and their uses.

d. Maintenance of therapeutic environment
Temperature, Light, noise and humidity.
Psycho Social Environment

- Meaning and its importance, aesthetic consideration in the environment, colour scheme, beauty and flower arrangements.

e. Nursing Process and Nursing Care Plan

- Meaning, importance and steps in development. Recording and Reporting
- Importance, types and nurses responsibilities.

f. Discharging a patient

- Preparation of the patient physically and mentally, discharge procedure, hospital policies, preparation of the patient's relatives for discharge.
- Follow up and Rehabilitation revisit, treatment compliance and referral,

g. Basic Nursing Care and Needs of the patient
Hygienic Needs and Physical needs

- Importance of maintaining good personal and environmental hygiene in health and disease.
- Nurse's role in maintaining good personal and environmental hygiene.

Care of Skin and Mucous Membrane.

- Bed-bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and feet.

h. Nutritional needs.

- Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse's role in maintaining good nutrition, feeding helpless patients, maintenance of intake and output record.

i. Elimination needs

- Problem in sickness: Constipation and diarrhea, retention and incontinence of urine.
- Nurse's role in meeting elimination needs.

j. Safety needs

- Environmental hazards, role of nurses in prevention of health hazards.
- Interpersonal relationship, cultural/spiritual/religious needs.

k. Activity and Exercises

- Importance of activity and exercise in health and sickness, active and passive exercise.

l. Physical Comforts

- Comfort : meaning and its importance in health and disease, factors promoting and inhibiting physical comfort, comfort devices and their uses, body mechanisms, positions.

1st year

ear teeth
hand and feet

1st YEAR FM/MM - B

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m. Moving, shifting and Lifting of patient

- Care of pressure points, bed sores: causes, signs, symptoms, prevention and nursing care
- Shifting of patient from one side to another, from bed to wheel chair and bed to stretcher.

n. Assessment of patient / Client

- Principles and importance of assessment, methods of assessment : observation, palpation, auscultation, percussion, developing skill in observation.

o. Physical Assessment

- Height, weight, posture, speech

p. Physiological Assessment

- Temperature, pulse, respiration and blood pressure
- Characteristics of normal and abnormal (T.P.R. and B.P.) and factors influencing the variations.
- Urine stool, vomit, sputum, normal and abnormal behaviour and its deviation.

q. Therapeutic Nursing Care and Procedures Asepsis

- Hand washing, hand scrubbing, use of mask, gown, gloves
- Disinfection techniques, sterilization techniques.
- Autoclaving, boiling, flaming, ultra violet rays.

r. Care and Sterilization of:

- Linen, bed, mattress, floor, walls, cupboard and other articles.
- Rubber goods, dressings, instruments, needles, syringes, enamel articles.
- Barrier Nursing and isolation.

s. Care of Respiratory System

- Inhalation: dry inhalation, moist inhalation, Nelson's inhaler, steam tent, electric inhalers, suction oro-nasal.
- Collection of specimen of sputum for examination.

t. Care of Gastro Intestinal Tract

- Preparation and giving of enema : Retention enema, evacuation enema, suppository, passing of flatus tube.

u. Care of Genito Urinary System

- Perineal care of terminally ill patient and patient with urinary catheter.
- Collection of specimens of urine and stool for routine and cultural examination.

v. Care of Skin and Mucous Membranes

- Cold application : Ice cap, cold packs, use of evaporating lotion. Hot application : use of hot water bottle, dry formentation, moist formentation, medicated formentation.

w. Basic Needs and Care in Special conditions

- Care of patient with fever, unconscious patient, patient with fluid imbalance, patient with dyspnoea.
- Care of terminally ill patient.
- Care of physically handicapped.

x. Dying patient

- Signs and symptoms of approaching death, needs of the dying patient and his relatives, care of the dying, last offices, packing of dead bodies in non-communicable and communicable diseases.

y. Unit - VII Introduction to Pharmacology

- Concept of Pharmacology.
- Classification of drugs.
- Administration of drugs.
- General action of drugs.
- Nursing implications in administration of drugs.

NUTRITION**Course description**

This course is designed to help students understand that nutrition is an integral component of health since nutrition play a vital role in the growth, development and maintenance of the body.

General objectives

Upon completion of this course, the students will be able to:

- * Describe the principles of nutrition and dietetics and its relationship to the human body in health

and disease.

- * Describe the common foods in health and disease.
- * Apply knowledge in the promotion of health and in the care of sick.
- ✓ Demonstrate skills in selection, preparation and preservation of foods.

Course content

a. I Introduction:-

- * Changing concepts- food habits and customs.
- * Relationship of nutrition to health.

b. Classification of food

Classification by origin

- * Food of animal origin
- * Food of vegetable origin

2nd Year
Paper- A
Midwifery

Course Description

This course is designed to help students acquire knowledge and gain skills to meet the health needs of women during the period of pregnancy, labor and puerperium. The students will be able to identify different gynaecological disorders and diseases and gain skills in providing nursing care to women suffering from these disorders and diseases.

General Objectives

Upon completion of this course the students will be able to:

- * Describe the health needs of women in pregnancy, labour and puerperium,
- * Identify deviation(s) from normal pregnancy and take appropriate action.
- * Demonstrate skills in providing ante partum, intrapartum and postpartum care to the new born.
- * List different gynaecological problems and demonstrate skills in providing nursing care to women suffering from these disorders and diseases.

Course Content**a. Introduction**

- Definition : Midwifery, obstetrical nursing.
- Scope.

- Historical review.
- Development of maternity services in India

b. Reproductive system

- Review of genitor-urinary system of male and female organs, structure, physiology.
- Menstrual cycle.
- Internal and external organs of reproduction.
- Female pelvis: structure, diameters and type.

c. Embryology and foetal development

- Ovum, sperm, maturation, fertilization and implantation.
- Development of fertilized ovum, morula, blastocyst, embryo.
- Development of placenta: structure of full term placenta, functions and abnormalities, anatomical variations.
- Formation of foetal sac, membranes, amnion and chorion and their functions.
- Formation of liquor-amni, its functions and abnormalities.
- Development of umbilical cord: structure, functions and abnormalities.
- Foetal skull: diameters, fontanelles, sutures and their importance.
- Foetal circulation.

d. Nursing Management of Pregnant Women

- Reproductive health.
- Genetic counseling.
- Physiological changes in pregnancy.
- Diagnosis of pregnancy: history, signs and symptoms.

Investigations.

- ✓ Influence of hormones.
- ✓ Prenatal care: objectives, history taking, calculation of expected date of delivery, routine examinations.
- ✓ - Health education, breast care, diet in pregnancy antenatal exercises.
- ✓ - Preparation for hospital/ home delivery.
- ✓ - Immunisation.
- ✓ - Minor disorders of pregnancy and its management.

e. Nursing Management of women in Labour

- Definition, stage and duration.
- Causes of onset of labour.
- True and false labour.

1. First Stage of Labour

- ✓ - Signs of onset of labour.
- ✓ - Physiological changes in first stage of labour.
- ✓ - Management – preparation of labour room.
- ✓ - Preparation of women in labour : Physical and psychological.
- ✓ - Equipments for normal delivery.
- ✓ - Care: physical, psychological, monitoring of maternal and foetal condition.
- ✓ - Vaginal examination; indication, articles, technique.

2. Second Stage of Labour

- Signs of second stage.
- Mechanism of labour.
- Monitoring of maternal and foetal condition.
- Physical and psychological care.
- Procedure for conduct of normal delivery.
- Prevention of perineal tear.

- Episiotomy, suturing and care.

3. Third Stage of Labour

- Signs, physiological changes.
- Management : immediate baby care, technique of placental expulsion, monitoring maternal condition, examination of placenta and its membranes, blood loss.
- Immediate postnatal care / fourth stage of labour.

4. Conduct of Home Delivery

f. Nursing Management of Baby at birth

- Assessment
- Review of physiology of new born
- Apgar-scoring, examination for defects (head to foot examination)
- Infant feeding: breast feeding, artificial feeding.
- Care of skin, eyes, cord, buttocks.
- Psychology and perception of new born.
- Minor disorders of new born: birth marks, rashes, skin infections, sore-buttocks, infections of eyes.
- Jaundice of new born.
- Major disorders: birth asphyxia, resuscitation measures, haemolytic disease (RH factor).
- Infections and birth injuries.

g. Nursing management of Mother during puerperium

- ✓ Definition, objectives of care
- Immediate postnatal care (care during 4th stage of labour)
- Physiological changes during puerperium.
- Psycho-social aspects of care.

- Diet during puerperium.
- Establishment of lactation and breast care.
- Perineal care.
- Postnatal exercises.
- Postnatal examination, follow-up, family welfare.
- Minor ailments and its management.

h. Complications of pregnancy and its management

- Bleeding in early pregnancy.
- Bleeding in late pregnancy.
- Pregnancy induced hypertension, pre-eclampsia, eclampsia.
- Hydramnios, oligohydramnios.
- Hydatid mole.
- Pelvic inflammatory disease.
- Intra-uterine growth retardation, intrauterine death.
- Post maturity.

i. High Risk pregnancy and its management

- Concept, factors.
- Anaemia, Jaundice, Viral infections.
- Urinary tract infection, Heart Diseases, Diabetes Mellitus,

Osteo-malacia, Sexually Transmitted Diseases, AIDS.

- Teenage pregnancy, Elderly primigravida,
- Multiple pregnancy.

i. High Risk Labour and its management

- Mal-positions, Mal-presentations: occipito-posterior position, face, brow, shoulder and breech presentation.

- Contracted pelvis: definition, causes, diagnosis, management and trial of labour.
- Abnormal uterine action: hypotonic and hypertonic action, bandl's ring, contraction ring, precipitate labour.
- Cervical dystocia.
- Early rupture of membranes, prolonged labour, Induction of labour.
- Obstructed labour, rupture of uterus.
- Obstetrical emergencies: cord presentation, cord prolapse, amniotic fluid embolism, obstetric shock.
- Complications of third stage: post post-partum haemorrhage, atonic-uterus, retained placenta and membranes, inversion of uterus.

k. Complications of Puerperium and its management

- ✓ Puerperal-pyrexia, Puerperal sepsis,
- ✓ Thrombophlebitis, Embolis, Puerperal psychosis.
- ✓ Mastitis, Breast abscess.

l. Obstetric operations

- ✓ Manual removal of placenta.
- ✓ Version : internal, external.
- ✓ Forceps delivery.
- ✓ Vacuum extraction.
- ✓ Caesarean section.
- Medical termination of pregnancy.
- Laproscopic sterilization.
- Embryotomy.

m. Drugs used in obstetrics

2nd Year**Paper- B****Community Health Nursing - 2nd****Course Description**

This course is designed to help the students gain indepth knowledge of community health and community health nursing services. On completion of this course, the students will be able to function at the first level in various community health settings both in urban and rural areas.

General Objectives

Upon completion of this course, the students will be able to :

- * Describe health system and health care services in India.
- * Identify major health problems, national health programmes and specialized community health services.
- * Explain the concept of health team and describe the nurse's role at various levels of health care settings.
- * Describe the demographic concept and family welfare programme.
- * Explain and motivate use of birth control methods to the community.
- * State the importance of health statistics.
- * Maintain records and reports required in community health nursing services.
- * Demonstrate skills in rendering effective nursing care in all community health settings.

Course Content

- a. **Health system in India (Organizational set-up)**
- Central level.
 - State level.
 - District level.
 - Block and local level.
- b. **Health care services in India**
- Health care concept and trends.
 - Health care delivery system.
 - Public sector: Rural areas, urban areas, health insurance, scheme, other agencies (defence, Railways etc.)
 - Voluntary health agencies.
 - Indigenous system of medicine.
 - Nurse's role in health care services.
- c. **Health Planning in India**
- National Health policy.
 - National Health planning.
 - Five year's plans.
 - Health committees and reports.
- d. **Specialized community Health Services and nurse's role**
- M. C. H. (Reproductive health and child care).
 - School health services.
 - Industrial nursing.
 - Geriatric nursing.
 - Care of the handicapped: physically and mentally challenged.
 - Rehabilitation nursing.
- e. **Nurse's Role in National Health Programmes**
- Major health problems in India.
 - National control and development programmes.

- National eradication programmes.
- Nurse's role in national health programmes.

f. Demography and family welfare demography

- Concept
- Trends in India and its implications.
- Concept of fertility and infertility.
- Small family norms.

g. Family Welfare

- Concept
- Importance
- Aims and planning methods
- Family welfare policy
- National programme.
- Nurse's role in family welfare programme.

h. Health Team

- Concept.
- Composition.
- Functions.

i. Role of nursing personnel at various levels

- Multipurpose health worker: male and female
- Lady health visitor / Health supervisor
- Public health nurse
- Public health nurse supervisor
- District public health nursing officer.

j. Vital Health Statistics

- concept
- Uses
- Sources
- Important rates and indices
- Vital health records and their utility.

PRACTICAL PART MUST INCLUDE FOLLOWING

EXPECTED COMPETENCY	HOSPITAL EXPERIENCES	COMMUNITY EXPERIENCES
A) ASSESSMENT AND CARE OF NORMAL PREGNANT WOMEN: ● CONDUCTING NORMAL DELIVERY. ● CARE OF POST-NATAL WOMEN. ● RECOGNISE DIFFERENT DEGREES OF TEAR, GIVE EMERGENCY CARE AND REFER. ● CARE OF NEW-BORN.	➤ MAINTAIN MIDWIFERY CASEBOOK. & EXAMINE 35 PREGNANT WOMEN (20 DURING FIRST SIX MONTHS OF 2ND YEAR IN HOSPITAL & COMMUNITY ON 15:5 BASIS AND 15 DURING INTERNSHIP IN HOSPITAL & COMMUNITY ON 10:5 BASIS INCLUDING ESTIMATION OF HEMOGLOBIN, CHECKING B.P & TESTING OF URINE. ● MONITOR HEMOBLOBIN & IFA TREATMENT. ● GIVE T.T INJECTION TO 10 WOMEN. ➤ CONDUCT 20 NORMAL DELIVERIES WITH AMTSL IN HOSPITAL & COMMUNITY - 10 (8+2) DURING THE FIRST SIX MONTHS OF 2ND YEAR & 10 NORMAL DELIVERIES (8+2) DURING INTERNSHIP IN HOSPITAL & COMMUNITY. ● MAINTAIN PARTOGRAPH FOR CONDUCTED CASES. ➤ ASSIST SUTURING OF EPISIOTOMY & TEAR - 10 CASES (5 DURING FIRST SIX MONTHS OF 2ND YEAR AND 5 DURING INTERNSHIP). ➤ CARE OF NEW-BORN - 20 CASES (10 DURING FIRST SIX MONTHS OF 2ND YEAR AND 10 DURING INTERNSHIP). ➤ RESUSCITATION OF NEW-BOERN - 10 CASES (5 DURING FIRST SIX MONTHS OF 2ND YEAR AND 5 DURING INTERNSHIP). ➤ PERFORM PV EXAMINATION - 10 CASES (5 DURING FIRST SIX MONTHS OF 2ND YEAR AND 5 DURING INTERNSHIP). ➤ FOLLOW-UP OF POST-NATAL MOTHERS - 20 CASES IN HOSPITAL & COMMUNITY (10 DURING FIRST SIX MONTHS OF 2ND YEAR AND 10 DURING INTERNSHIP).	● CONDUCT ANTE-NATAL EXAMINATIONS AT HOME. ● PARTICIPATE IN ANTE-NATAL CLINICS IN SUB-CENTRE. ● IDENTIFY HIGH-RISK MOTHERS & THEIR FOLLOW-UP AT HOME. ● CONDUCT DELIVERIES IN THE COMMUNITY (HEALTH CENTRES/HOME). ● FOLLOW-UP OF TEN POST-NATAL MOTHERS FOR TEN FDAYS WITH AT LEAST THREE HOME VISITS. ● CARE OF NEWBORNS AT HOME. ● CONDUCT HEALTH EDUCATION FOR GROUPS

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EXPECTED COMPETENCY	HOSPITAL EXPERIENCES	COMMUNITY EXPERIENCES
B). ASSESSING AND REFERRING MOTHERS AT RISK. ➤ COUNSEL ELIGIBLE COUPLES ABOUT DIFFERENT METHODS OF CONTRACEPTION	➤ COUNSELLING / SUPPORTING OF MOTHERS FOR BREAST-FEEDING. ➤ COUNSELLING FOR KANGAROO MOTHER CARE. ➤ CONDUCT HEALTH EDUCATION FOR GROUP OF MOTHERS - 3 CASES ➤ FOLLOW INFECTION PREVENTION & BIO-MEDICAL WASTE MANAGEMENT IN THE LABOUR ROOM AND THE SUB-CENTRE ➤ INTEGRATE ACCEPTED PRACTICES OF A.Y.U.S.H. ➤ IDENTIFY HIGH-RISK ANTE-NATAL MOTHERS AND GIVE CARE. ● OBSERVE & PREPARE MOTHERS FOR CAESAREAN SECTION - 2 CASES. ● OBSERVE ABNORMAL DELIVERIES - 5 CASES. ● PREPARE AND OBSERVE PROCEDURE FOR M.T.P - 2 CASES. ● TAKE CARE OF WOMEN WITH ABORTION - 2 CASES. ➤ INSERT I/V LINE, URINARY CATHETER. ➤ PREPARATION & ADMINISTRATION OF OXYTOCIN DRIP & MAGNESIUM-SULPHATE. ➤ BI-MANUAL COMPRESSION OF UTERUS FOR PPH MANAGEMENT. ● DIGITAL REMOVAL OF RETAINED PRODUCTS OF CONCEPTION. ● PROVIDE POST-ABORTION CARE. ➤ CARE OF MOTHER WITH H.I.V. ➤ COUNSELLING OF MOTHERS / COUPLES FOR FAMILY PLANNING. ● PREPARE AND ASSIST FOR STERILIZATION OF 5 FEMALE	● DO A CASE STUDY OF A COMPLICATED CHILDBIRTH IN THE VILLAGE. ● CONDUCT A VILLAGE MEETING FOR EMERGENCY TRANSPORT OF WOMEN IN LABOUR AND AT RISK. ● IDENTIFY AND REFER WOMEN WITH UNWANTED PREGNANCY. INTERVIEW ANY TEN WOMEN AND LIST REASONS FOR UNSAFE MOTHERHOOD & ABORTION. ● INTEGRATE ACCEPTED PRACTICES OF A.Y.U.S.H.I. ● COUNSEL ELIGIBLE COUPLES ON DIFFERENT METHODS OF CONTRACEPTION. ● PERFORM /ASSIST WITH THE FOLLOWING CONTRACEPTIVE METHODS:- 1. IUCD INSERTION - 5 CASES (3 DURING FIRST SIX MONTHS & 2 DURING INTERNSHIP). 2. IUCD INSERTION - 5 CASES (3 DURING FIRST SIX MONTHS & 2 DURING INTERNSHIP). 3. DISTRIBUTE & DEMONSTRATE FOR CONDOM INSERTION - 5 CASES (3 DURING FIRST SIX MONTHS & 2 DURING INTERNSHIP). 4. PREPARE & ASSIST FOR STERILIZATION - 5 CASES (3 DURING FIRST SIX MONTHS & 2

2ND YEAR FM/IM - B

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