

Course Title: MCH Techniques-I and Clinical Practice

Study Hours: 60+160

Marks

Paper : 1

Theory: 120

Term : 3rd

Practical: 30

Time: 3Hrs

Course contents

Study Hours

(Theory + Practical)

A ANATOMY AND PHYSIOLOGY OF REPRODUCTIVE ORGANS.

8+20

A1 Pelvis

- A1.1 Description (Bones & joints)
- A1.2 Functions, Types and Measurement
- A1.3 Difference between Male & Female Pelvis

A2 Pelvic Floor

- A2.1 Muscles and Ligaments.
- A2.2 Functions of Pelvic Floor
- A2.3 Blood and Nerve Supplies

A3 Female Organs of Reproduction

- A3.1 External, Internal, Structure and Functions.

A4 Mammary Glands

- A4.1 Structure and Functions
- A4.2 Puberty of Male and Female

- A4.3 Menstrual Cycle and Menopause

B DEVELOPMENT OF THE FETUS

8+20

- B1 Ovulation, Fertilization/Conception
- B2 Implantation of Ovum
- B3 Development of fertilized Ovum/Zygote
- B4 Development of Placenta
- B5 Definition, Structure and Functions
- B6 Abnormalities and Diseases
- B7 Development of the embryo fetus, month to month
- B8 Fetus skull, Bones, Sutures, Fontanelles and Diameters
- B9 Fetal circulation:
- B10 Temporary Structure

B11 Course of Circulation and changes at birth

C PREGNANCY **6+18**

- C1 Definition
- C2 Duration of Pregnancy
- C3 Physiological changes
- C4 Diagnosis of Pregnancy.
- C5 Relationship of the foetus to Ut. practice ofn dummy and pelvis.
- C6 Signs an symptoms of pregnancy.
- C7 Minor disorders of pregnancy.
- C8 Nutrition in pregnancy.

D ANTENATAL CARE **6+18**

- D1 Definition
- D2 Aims & advantages and Psychological aspect of Pregnancy
- D3 Physical & clinical examination demonstrations
- D4 History taking, Abdominal palpation and Pelvic Assessment
- D5 Advises to pregnant women.
- D6 Mother craft classes.

E COMPLICATION OF PREGNANCY **6+18**

- E1 Conditions associated with bleeding during early pregnancy.
- E2 Implantation bleeding cervical lesions and Abortion.
- E3 Cause of abortion
- E4 Types, Signs, symptoms and Treatment
- E5 Cervical incompetence
- E6 Legal aspect of abortion.: Islamic views and enforced law
- E7 Ectopic pregnancy
- E8 Bacteramic shock, Hydatidiform mole, Choricarcinoma

F Hydramnios **8+20**

- F1 Definition
- F2 Types, Causes, Signs and symptoms
- F3 Management and Complication
- F4 Toxaemias of pregnancy
- F5 Definition
- F6 Types, Hyperemesis gravidarum, Essential hypertension, Pre-eclampsia and Eclampsia
- F7 Diseases Associated with Pregnancy
- F8 Cardiac Diseases, Diat\betes, Pulmonary T.B, Anaemia, Rubella & Urinary tract infection
- F9 Sexually transmitted diseases.
- F10 Trichomoniasis, Cardidiasis, Syphlis, Gonorrhoea and Aid/HIV infection

- F11 Bleeding associated with late pregnancy
- F12 Ante partum Haemorrhage.
- F13 Definition
- F14 Types, Signs, Symptoms and Management

G NORMAL LABOUR

6+16

- G1 Definition
- G2 Causes and signs of labour
- G3 Mechanism of Normal labour
- G4 Physiological changes in first, Second and third stage of labour.
- G5 Complication of first, second and third stages of labour
- G6 Management

H ABNORMAL LABOUR

8+20

- H1 Definition of abnormal labour or dystocia causes due to:
- H2 Power, Passenger and Passage
- H3 Mal Presentation Occipito posterior position of vertex
- H4 Deep transverse arrest, Face presentation, Brow presentation
- H5 Shoulder
- H6 Presentation/Transverse, Breech presentation, Management of abnormal labour
- H7 Multiple pregnancy
- H8 Disordered uterine action.
- H9 Hypotonic uterine action, Incoordinate uterine action, Hypertonic uterine action.
- H10 Constriction Ring.Cervical Dystocia and Rigid cervix.
- H11 Oedematous interior lip of cervix, Prolonged labour and Contracted pelvis
- H12 Trial of labour and Obstructed labour
- H13 Obstetrical emergencies.
- H14 Rupture of uterine, Prolapse of cord and Acute inversion of uterus.
- H15 Complications of third stage of labour.
- H16 Post partumhaemorrhage, Adherent placenta and Retained placenta.
- H17 VulvalHaematoma, Collapse and shock.

I OBSTETRICAL OPERATIONS

6+16

- I1 Version, Induction, Episiotomy, Forceps delivery & vacuum extraction
- I2 Caesarian section
- I3 Destructive operations, Craniotomy and Embriotomy

J PUERPERIUM

4+12

- J1 Definition
- J2 Physiological changes, Management & Nursing care

K COMPLICATION OF PUERPERIUM**8+20**

- K1 Puerperal sepsis and Puerperal Haemorrhage (see P.P.H.)
- K2 Sub involution of uterus and Retention of urine.
- K3 Post parturition eclampsia, Abnormal conditions of lactating breast
- K4 Mastitis, Breast abscess, Cracked nipples.
- K5 Septicaemia, Thrombophlebitis, White leg, VVF & RVF and Puerperal Psychosis

RECOMMENDED BOOKS:

1. Public Health by Naveed and Sarwar
2. Community Medicine and Public Health by Muhammad Ilyas
3. Blueprints Clinical Cases in Obstetrics and Gynaecology by Aaron B. Caughey

REFERENCE BOOKS:

1. Community Medicine by Ilyas Ansari
2. Current Obstetric and Gynecology Diagnosis and Treatment by Alan H. Decherney

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L NEW BORN BABY

6+16

- L1 Definition
- L2 Physiology of the new born and Immediate care of new born
- L3 After care of new born:
- L4 Breast feeding, Advantages and Contra indication of breast Feeding, Artificial feeding

M PREMATURITY & POSTMATURITY

6+16

M1 Prematurity

- M1.1 Definition, Causes, Signs and Prevention.
- M1.2 Management and Nursing care and Complication of prematurity

M2 Postmaturity.

6+16

- M2.1 Definition, Causes, Signs
- M2.2 Management and Complication of postmaturity.

N COMPLICATIONS OF NEW BORN

6+16

- N1 Neonatal asphyxia, Birth Injuries and Congenital malformations.
- N2 Infections/diseases, Haemorrhagic diseases and causes of neonatal deaths.

O PRINCIPLES AND PRACTICE OF DISTRICT MIDWIFERY

8+20

- O1 Definition
- O2 District Midwifery Organization
- O3 Staff
- O4 District Midwifery supervisor
- O5 Charge nurse
- O6 Nurse Midwife/Pupil Midwife
- O7 Bearer
- O8 Driver
- O9 Functions (To Provide antenatal, Intranatal and postnatal care to
- O10 all the registered cases in the home & clinic) and Referral of cases to Hospital
- O11 Preparation for confinement
- O12 Physical facilities, water, light, Heat, Privacy
- O13 Preparation of Patient, Preparation of room/home, Preparation of midwifery

- O14 Equipment/bag technique and Preparation for baby
- O15 Management of three stages of labour
- O16 Nursing care of the new born and Nursing care during pureperium (Normal & Abnormal)
- O17 Care of Mother & Child and Health education
- O18 Postnatal checkup (at 6 weeks)
- O19 Family Planning advise and Refer to F.P. Clinic

P MIDWIFERY RELATIN TO PUBLIC HEALTH

8+20

- P1 Referral system
- P2 BHU/MCH-RHC-THQ Hospital DHQ-Teaching Institution Helping Agencies
- P3 Govt. WHO, UNICEF, UNESCO and Social Security
- P4 Non-government Organization and Red Crescent/Red cross and Edhi Welfare.
- P5 Pakistan Nursing council
- P6 Provincial Nursing Examination Board.
- P7 Rules & Regulations governing the practice and supervision of midwives.
- P8 Reg-PNC allowed to practice normal Midwifery Responsibilities as a midwife
- P9 Birth & death registration, Notification of communicable diseases

Q FAMILY PLANNING

6+18

- Q1 Definition
- Q2 History of development of Family Planning, Advantages and Disadvantages.
- Q3 Review of Male & Female Reproductive organs & its Functions contraceptives.
- Q4 Contraception & contraceptives, Motivation and counseling.
- Q5 Different methods of contraception
- Q6 Temporary methods, Old method, Barrier method, Hormonal and Permanent methods for Female and Male contraceptives

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