

1. Aims of the program

To improve the knowledge , skills and competencies of in-service registered nurses (RNRM) to enable them to serve as competent human recourse essential for strengthening the primary health care services at peripheral level.

2.Program objectives

On completion of the course , the CHO will be able to :

- Enhance knowledge and skill of learners in providing community health care services.
- Develop competencies in dealing with issues of public health.
- Provide comprehensive primary care based on protocol appropriate to sub centre level.
- Perform preventive and promotive actions for improving community health.
- Perform common laboratory investigations.
- Provide care based on protocols appropriate to sub centre level.

3.Academic session

The program will be offered in both January and July cycle of admissions.

4.Admission , Selection procedure

The candidate fulfilling eligibility criteria will be sponsored by the State Government. There will be maximum 60 students/ PSCs.

5.Target Group

Registered Nurse And Registered Midwife (RNRM)

6.Eligibility Criteria

Nursing Professional with diploma in General Nursing and Midwifery (GNM) and or B.Sc Nursing /Post Basic B.Sc Nursing (Initially In-Service Nurses).

7.Age of Admission

As per State Govt. requirement

8.Duration of program

Minimum: 6 months

Maximum: 2 years

9.Medium of instruction: English

10. Selection of Health facilities for serving as PSC

- Program study centre (PSC) for this program will be in a DH, Super specialty Hospitals. The majority of practical trainings will take place at these PSCs .
- Candidates will be taken for exposure , visits and training applicable at the level to BPHCs , PHCs and SCs affiliated to the DH.
- Selected PSCs must fulfill the following stipulations (preferably those with attached training schools-ANM, GNM or MCH etc):-
 - I. Space approximately 500-800 sq ft. for exclusive use of PIC.
 - II. Halls /rooms available for holding counseling sessions and examinations for a maximum of 60 students.
 - III. Library , laboratory, Computer facilities that can be extended to students for the given programs.

11.Program Structure

The Bridge Program in community health for nurses is a 6 months certificate program having 20.78 credits credits (5.06 + 5.06 = 10.12 credits in Theory +10.66 credits in Practical).

It comprises 2 Theory and 1 practical subject as given below.

SL NO	Name of the subject	CREDITS	HOURS	COUNSELLING HOURS	SELF STUDY HOURS	ASSIGNMENTS
THEORY SUBJECT						
1.	Foundations of Community Health	5.06 credits	152 hours	76 hours (38 sessions)	76 hours (38 sessions)	1
2.	Primary Health Care in Common Conditions	5.06 credits	152 hours	76 hours (38 sessions)	76 hours (38 sessions)	1
PRACTICALSUBJECT						
3.	Public Health And Primary Health Care Skills	10.1 credits	304 hours	304 hours = 152 sessions	--	Log Book

1 credit = 30 study hours/ learning hours

As given in table above you have to attend 38 counseling session for each theory class , so total counseling session 76 sessions i .e . 152 hours. Each Theory session will be of 2 hours of duration and you have to attend 3 sessions /day.

For practical course you have to attend 160 counseling sessions i.e 320 hours. Each practical session will be 2 hours duration and you attend 3 sessions / day in various health facilities (mainly in community field).

12. Scheme of study and examination

Scheme of study

Theory	Practical	Total credit
5.06 + 5.06 = 10.12 credits	10.66credits	20.78 credits

Scheme of examination : Theory

Name Of The Subject	Duration in hours (TEE)	Continuous evaluation (TMA) MARKS	Term End Examination(TEE) marks	Total
Foundations of Community Health	3 hours	30	70	100
Primary Health Care in Common Conditions	3 hours	30	70	100
Total marks	6 hours	60	140	200

Scheme of examination : Practical

Name of the Subject	3-4 hours	Log book	Practical Examination	Total
Public Health And Primary Health Care Skills		30	70	100

13. Study material

Properly planned self instructional print material both for theory and practical components is the main part of the Bridge program in Community Health for Nurses. The study materials prepared by experts who are involved in BPCCHN Program and members of West Bengal Nursing Council and modules supplied by Health and Family Welfare Department and NHM Department of Swasthya Bhavan .Modules are self instructional in nature where as the lesson which are called the units in the theory component are structured to facilitate self- study. Also, the practicals are structured for self guidance during the clinical and laboratory work experience.

A) Theory component

Each course has been divided into 5-6 volumes . Each volume has 4-6 units.

B) Practical component

Each course has been divided into 6 volumes. Each volume has been divided into number of units. Based on Theory courses number of practicals are given in the particular course of practical. Rest of the pattern of the practical manual has been prepared with the objective provides a guidelines to study and practice these skills / experiments when you are placed in the laboratory/ hospital/ BPHC/ PHC/SC.

Practical training is planned for 48 days. The posting of DH is for 24 days, BPHC is for 10 days, PHC for 2 days, SC for 12 days.

13 B.1 Practical ground (Subject: Public Health And Primary Health Care Skills) help the students to verify the steps while performing the activities which increases skills.

13 B.2 Log book maintenance

Log book is meant for maintaining the records of all activities / cases that the students are performing as the part of program at DH , BPHC, PHC, SC level.

C). The teacher/ counselor ratio should be 1: 60 for theory and 1: 15 for practical.

13C.1 For Theory/ Practical there should be two counselors / course from each speciality i.e PG in medical/ nursing from various speciality such as Community Health, Obstetrics & Gynaecology, Paediatrics, Medicine, Surgery, Eye, ENT etc.

13 C.2 Preferably counselors should have 2 years of teaching experience . If adequate numbers are not available in the same PSC they may be commissioned from other near institutions or sourced from a pool of external experts including retired professionals.

13C.3 These indentified trainers (Nursing) will be accredited and given TOT by West Bengal Nursing Council.

14. Audio Video Material

Audio video material can be used to understand the subject better.

15. Eligibility for examination

15.1 For successful completion of the program a student is required to have minimum of 75% attendance in the counseling session in each course to be eligible to appear in the examination.

15.2 A candidate must have 100% attendance in each practical areas before the term end practical examination.

15.3 A candidate must pass in all theory and practical assignments/ internal evaluation separately.

15.4 On completion of the practical experience records to be signed by the counselors of his/her own particular field.

16-A. Process of examination

- Question paper for BPCCHN course to be set by qualified counselors only (Doctors and nursing tutors).
- The venue of practical examination must be Govt. DH.
- Practical examination should be for only 10 students/ day.
- Pass marks for each nursing subject is 50%.
- One internal and one external examiners should jointly conduct the practical examination of each students.
- The minimum faculty required for conducting Bridge Program and conducting examination will be as follows:

i. Clinical:

- MD/ DNB Medicine
- MS/DNB General Surgery
- MD/MS/DNB O& G
- MD/DNB/Dip. Paediatrics, Child Health
- Experienced Medical Officer(MBBS)
- Experienced Nursing Faculty in related areas, as appropriate

ii. Public health:

- MD Preventive & Social Medicine/ Community Medicine
- MPH with relevant experience

- Counselors already deployed within the public health system under different National health programs
- M.SC Nursing/ Experienced Nursing Faculty in Community Health Nursing Area

16-B SCHEME OF CONTINUOUS EVALUATION

Health Facilities	No of Cases and Marks		Total Cases and Marks
	Case -1	Case-2	
Disrict Hospital (DH)	8	7	15
Block Primary Health Centre	5	5	10
Maintenance of Log Book	---	5	5
Total			30

16 C Proposed Pattern of Practical Evaluation in TEE (Term End Examination).

Name of the Subject	Item	Duration	Marks
Public Health And Primary Health Care Skills	1.Long case- Pregnant women/any case <ul style="list-style-type: none"> • History taking • Physical Examination • Care and Counseling 	40 minutes	15
	1.Short Case Newborn/ Child Brief History and Examination	20 min	10
	Counseling and Health Education (General) Common ailments fever, aches and pain etc	10 min	15
	Viva (will be conducted by one Internal and one external Examiner)	30 min	30
Total Marks		100 min	70

17. Evaluation

17.1 Theory : Evaluation done through assignment (number of assignment is one /subject).

17.2 Practical : Evaluation done through maintaining the log book.

18. Grading Percentage

LETTER GRADE	NUMERICAL PERCENTAGE RANGE	NOTIONAL CORRELATES	POINT GRADE	DIVISION
A	80% and above	excellent	5	Distinction
B	70-79.9%	Very good	4	1 st division
C	60-69.9%	Good	3	2 nd division
D	50-59.9%	Average	2	Pass
E	Less than 50%	Unsatisfactory	1	fail

Students are required to score at least 50% marks in both continuous evaluation (Theory assignments and practical Log book) and Term End Theory examination (TEE) and Term End practical examination. In the overall computation students also must score at least 50% marks in each scores to claim the certificate in community health for nurses (BPCCHN).

19. Details of the course structure

19.1 Name of the Subject: Foundations of Community Health

Theory	
Credit	5.06
Study Hours	76 hours(counseling hours) + 76 hours(self study hours)= 152 hours
Counseling hours	76 hours

Note: 1 credit= 30 study hours.

Objectives:

After completion of this course, the learner should be able to

- Strengthen knowledge and skills in community health , epidemiology, environmental health, bio medical waste management and infection control.
- Discuss organization of health care at various levels
- Explain nutritional assessment and nutritional requirement during pregnancy, lactation, infancy, childhood, adolescence and elderly.
- Describe nutritional deficiency disorders, food borne diseases and food safety.
- Explain the management of communicable and non communicable disease as per guidelines of National health programs at Sub centre level.
- Use the communication, management and supervisory skills for managing the sub centre.

Course Outline (Theory)

Volume 1: Introduction to Public Health and Epidemiology

Unit1 : Concepts of Community Health

Unit 2: Health Care Planning and Organization of Health Care at various levels

Unit3 : Environmental Health and Sanitation

Unit4: Introduction to Epidemiology, Epidemiological Approaches and Processes

Unit 5: Demography, Surveillance and interpretation of Data

Unit6: Bio-Medical waste Management and Infection Control

Volume 2: Nutrition

Unit1 : Introduction to Nutrition and Nutritional Assessment

Unit 2: Nutrition during Pregnancy and Lactation

Unit 3: Nutrition for Infant , Child, Adolescent and Elderly

Unit4:Nutritional Deficiency Disorders

Unit 5: Food Borne Diseases , Food Safety

Volume 3: Communicable Diseases and Management under National Health Programs

Unit 1: Epidemiology of Specific Communicable Diseases

Unit 2: Communicable diseases – 1 Vector Borne Diseases

Unit 3 : Communicable Diseases -2 Infectious Diseases

Unit 4: Communicable Diseases -3 Zoonotic Diseases

Volume 4: Non Communicable Diseases and Management under National Health Programmes

Unit 1 : Epidemiology of Specific Non Communicable Diseases

Unit 2: Non Communicable Diseases -1

Unit 3: Non Communicable Disease- 2

Unit 4: Occupational Diseases

Unit 5 : Mental Health And Substance Abuse Disorders

Unit 6 : Elderly Care

Volume 5: Communication, Management and Supervision

Unit 1: Behavior Change Communication Skills and Other Soft Skills

Unit 2 : Work Management and Administration

Unit 3: Leadership, Supervision and Monitoring

Unit 4: Health Management Information System

Unit 5: Financial Management, Accounts and Computing

Unit 6: Records and Reports

19.2 Name of the subject : Primary Health Care in Common Conditions

Theory	
Credit	5.06
Study Hours	76 hours(counseling hours) + 76 hours(self study hours)= 152 hours
Counseling hours	76 hours

Note: 1 credit= 30 study hours.

Objectives:

- **Explain the concept of Reproductive, Maternal, Newborn and Child Health + A program of Govt. of India**
- **Develop knowledge and skills in providing comprehensive primary health care in management of common conditions and emergencies and provide first aid**
- **Develop knowledge and skills in providing Antenatal Care, Intranatal Care, Postpartum Care to the mothers.**
- **Identify, manage and refer cases of obstetrical complications.**
- **Provide essential newborn care.**
- **Discuss the management of common neonatal and childhood illness.**
- **Describe universal Immunisation Program**
- **Identify and refer cases with common surgical conditions**
- **Develop knowledge about common drugs in general and drugs used in subcentres.**

Course Outline (Theory)

Volume 1: Management of Common Conditions and Emergencies including First Aid

Unit 1 : Common Conditions -1 – Gastro Intestinal System

Unit 2 : Common Conditions- 2- Respiratory System

Unit 3: Common Conditions -3- Heart, Urinary System and Blood Disorders

Unit 4: Common Conditions-4- Eye, Ear, Nose and Throat

Unit 5: First Aid in common Emergency Conditions

Unit 6: Disaster Management

Volume2: Maternal Health

Unit 1:Introduction to RMNCH + A program

Unit 2: Antenatal Care

Unit 3: Intranatal Care

Unit 4: Early identification, Management and Referral of Complications

Unit 5: Postpartum Care

Volume 3: Reproductive Health and Adolescent Health

Unit 1: Gynecological Conditions

Unit 2: Family Planning Methods, Spacing Techniques and Counseling

Unit3: Medical Abortion and MTP Act

Unit 4: Counseling in Reproductive and Sexual Health including problems of Adolescence

Unit 5: Management of Teenage Pregnancies

Volume 4: Newborn and Child Health Care

Unit 1: Essential Care of Newborn at Birth

Unit 2: Management of Common Neonatal and Child Health Problems

Unit 3:Integrated Management of Neonatal and Childhood Illness

Unit 4: Introduction to Rashtriya Bal Swasthiya Karyakaram

Unit 5: Universal Immunisation Program

Volume 5: Overview of Common Surgical Conditions

Unit 1: Common Surgical Conditions -1

Unit 2: Common Surgical Conditions -2

Unit 3:Congenital Malformations

Unit4: Screening of Common Cancers

Volume 6 : Essential Drugs

Unit 1: Essential Drugs- 1

Unit 2: Essential Drugs -2

Unit 3: Essential Drugs -3

19.3 Name of the subject : Public Health and Primary Health Skills

Theory	
Credit	10.1
Counseling hours	304 hours

Note: 1 credit= 30 study hours.

Objectives:

After completion of the course the learner should be able to

- **Perform Community need assessment, Nutritional assessment and Investigation of an outbreak**
- **Organize special clinics, health education and counseling sessions**
- **Conduct general and specific basic laboratory tests at sub-centre level**
- **Carryout the general and specific examination of a patient**
- **Identify and manage common fevers, common aches and pains as per protocol**
- **Provide First Aid Care in Common Emergencies including Basic Life Support**
- **Identify and Refer the Higher Risk Cases**
- **Use safe injection and immunization techniques and practices**
- **Conduct antenatal, intranatal and postnatal examination and conduct normal deliveries**
- **Provide appropriate care to the mothers and children**
- **Strengthen the skills in assessment and management in STIs and RTIs**
- **Perform the procedure of insertion and removal of IUDs**
- **Perform newborn resuscitation**
- **Assess the newborn and provide kangaroo mother care**
- **Monitor growth and development of newborn and children**

Course Outline (Practical)

Volume 1: Public Health Skills

Unit 1: Community need assessment and identification of common Health problems

Unit 2: Nutritional assessment

Unit 3: Investigation of an outbreak

Unit 4: Organizing and conducting special clinics

Unit 5: Social mobilization skills

Unit 6: Health Education and Counseling

Unit 7: Report writing and IT skills including interpretation and use of Data

Volume 2: General Skills and Laboratory Skills

Unit 1: Universal Precautions and Bio Medical Waste Management

Unit 2: Procedures for Basic Tests

Unit 3: Common blood Test and Preparation of Peripheral Smear

Unit 4: Examination of Swelling , Lumps and Joints

Unit 5: Eye and ENT examination

Unit 6: Screening and Management of Common Dental Conditions

Unit 7: Suturing of Superficial Wounds

Unit 8: Drug Dispensing and injections

Volume 3: Skills for Management of Common Conditions and Emergencies

Unit 1: Basic Life Support(BLS)

Unit 2: Assessment and Management of Fevers

Unit 3: Management of common Aches and Pains

Unit 4: First Aid Techniques and Stabilization care in Common Emergencies -1

Unit 5: First Aid Techniques and Stabilization care in Common Emergencies -2

Unit 6: Geriatric and Palliative Care

Volume 4: Maternal Health Skills

Unit 1: Assessment of Health status of Women

Unit 2: Antenatal , Intranatal, Postnatal Examination and Care

Unit 3: Organizing Labour Room

Unit 4: Conducting Normal Delivery and Partograph

Unit 5: Identification , Care and Referral of Complications during Labour

Unit 6: Post Natal Examinations and Care

Unit 7: Emergency and Injectable Contraceptives and Follow Up Care

Volume 5: Reproductive and Adolescent Health Skills

Unit 1: Assessment and Management of STIs and RTIs

Unit2: Insertion and Removal of IUCDs

Unit 3: Management of Abortion and Counseling

Unit 4: Adolescent Counseling

Volume 6: Newborn and Child Health Skills

Unit 1: Newborn Resuscitation

Unit 2: Assessment of Newborn

Unit 3: Kangaroo Mother Care

Unit 4: Infant and Young Child Feeding and Counseling

Unit 5: Promoting and Monitoring Growth and Development and Plotting of Growth Chart

Unit 6: Immunisation and Safe Injection Practice

Unit 7: Use of Equipments

20 . List of key activities to be covered under Practicals

1. Chronic Communicable Diseases

- a) **Diagnosis, treatment plan, follow-up diagnostics and management of TB, HIV, Leprosy, Malaria, Kala-azar, Filariasis and other Vector –borne diseases**
- b) **Use of Rapid Diagnostic Testing Kit and Lab testing for common vector –borne diseases**

2. Management of common Non- Communicable Diseases

- a) **Hypertension –screening –use of sphygmomanometer, Screening of NCD**
- b) **Diabetes mellitus- screening and diagnostic test (glucometer/ IV blood test –fasting and PP)**
- c) **Cancers- Cervical, Breast, Oral –Screening**
- d) **Silicosis, Fluorosis-screening and follow up care.**
- e) **Chronic Obstructive Pulmonary Disease (COPD) , Asthma- screening**
- f) **Epilepsy – screening early management and follow-up care**

3. Management of Mental Illness

- a) **Detection and referral of mental illness, follow up medication**
- b) **Counseling/Support**
- c) **Management of violence related concerns**

4. Dental Care

- a) **Dental hygiene- Screening for gingivitis, dental carries, oral cancers**
- b) **Treatment for glossitis, candidiasis (look for underlying disease), aphthous ulcers**

5. Geriatric Care

- a) **Management of common geriatric ailments, counseling, supportive treatment,**
- b) **Pain management and provision of Palliative care**
- c) **Identification of ADL care of assisted devices**

6. Eye Care and ENT

- a) **Visual Inspection of activity (VIA) screening for visual acuity, cataract and for Refractive errors**

- b) Identification and treatment of common eye problems- conjunctivitis, spring catarrh, Xerophthalmia
- c) First aid for minor injuries and referral
- d) Management of common colds, ASOM, injuries, pharyngitis, laryngitis, rhinitis, URI, sinusitis
- e) WAX identification and care
- f) Suspect and refer case of deafness

7. Common Conditions and Emergencies

- a) Provision of First Aid and stabilization in emergency care
- b) Primary care in cases of snake bites, scorpion stings, insect bites, dog bites
- c) Stabilization care in poisonings
- d) Stabilization in case of drowning
- e) Minor injury, abscess management
- f) Stabilisation following trauma
- g) Suturing of superficial wounds
- h) Basic Life Support

8. Care in Pregnancy- Maternal Health

- a) ANC checkups including Height, Weight measurement, recording blood pressure, Hb estimation, Measurement of Fundal height etc, Urine, sugar and albumin
- b) Identification and referral of High Risk mothers
- c) Immunization and iron Folic Acid and Calcium supplementation of mothers
- d) Use of MCH Cards
- e) Care during Medical abortions
- f) Normal vaginal delivery including use of Partograph

9. Neonatal and Infant Health (0 to 1 year of age)

- a) Complete Immunization (RI) and Vitamin A Supplementation
- b) Monitoring and Assisting Village Health Nutrition Days (VHNDs), Social mobilization
- c) Home Based Newborn Care and care of common newborn illness
- d) Stabilization and referral of severe cases
- e) Acute Gastro Enteritis with mild dehydration
- f) Pneumonia case management
- g) Asphyxia management and screening of newborns at delivery points
- h) Kangaroo mother care
- i) Use of equipment, e.g. Suction machine, oxygen administrator, ambu-bag, radiantwarmer, phototherapy unit etc.

10. Child Health, Adolescent Health

- a) Detection and treatment of Anaemia and other deficiencies in children and adolescents**
- b) Screening of 4 D's including early detection of growth abnormalities, delays in development and disability**
- c) Prompt management of ARI and Fever**
- d) Skin infections and acute Diarrhoea**
- e) Adolescent Health – Counseling and referral**
- f) Nutritional assessment (including growth chart) and referral as appropriate**

11. Reproductive Health and Contraceptive Services

- a) Counseling for Family Planning and emergency contraceptives, insertion of IUD.**
- b) Access to spacing methods including IUCD**
- c) Follow up care after abortion**
- d) Syndromic treatment of RTIs**
- e) Gender Based Violence – Identification and counseling information about Gender Resource Centre at District level (linkage with referral centre and legal support)**

12. Management of Common Illness

- a) Identification and management of common fevers, ARIs, Diarrhoeas and skin infections**
- b) Management of common aches, jointpains, common skin conditions, (rash/ urticaria)**
- c) Management of common gastrointestinal illnesses**
- d) Management of common respiratory illnesses**
- e) Management of common urinary illnesses**

21. Area wise proposed Clinical and Community Field (practical)Schedule

Sl. No	Areas	District Levels		Block Primary Health Centre		Primary Health Centre		Sub Centre	
		6 hours/day=34 hours/Week		6 hours/day (5 working day)		6 hours/day (6 working day)		6 hours/day (12 working day)	
		Week /Days	Hrs	Days	Hrs	Days	Hrs	Days	Hrs
		4/24	136	10	60	6	36	12	72
1.	Communicable Diseases								
2.	Non Communicable diseases								
3.	Mental Health								
4.	Dental Care								
5.	Geriatric Care								
6.	Eye care & ENT								
7.	Common Conditions & Emergencies								
8.	Care in Pregnancy								
9.	Neonatal & Infant Health								
10.	Child Health								
11.	Adolescent Health, Reproductive Health & contraceptive Services								
12.	Record of Vital Events & Reporting								
13.	Village Health and Nutrition Day (VHND)								
14.	Home Visits								
15.	Meetings and events in the community								
16.	Out reach Services								
17.	At Facility								

