



# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Website : [www.amalanursingcollege.org](http://www.amalanursingcollege.org)

**FIRST CYCLE NAAC ACCREDITATION 2022**

## CRITERION 1

## CURRICULAR ASPECTS

### 1.2 Academic Flexibility

#### *1.2.2 Syllabus of Add-on Courses*

*Submitted to*



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

# **SYLLABUS**

## **ADD ON COURSE ON WOMEN HEALTH**



**AMALA COLLEGE OF NURSING**

**AMALA NAGAR, THRISSUR - 680555**

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## **PREFACE**

Amala Institute of Medical Sciences, named after Mary Immaculate, is a Minority Christian Institution, which is open to all irrespective of religion, caste or creed. It aims at giving effective training to the youth to become nursing professionals devoted to the healing ministry, especially in the rural areas. It also strives to strengthen the quality of service offered in the large number of medical institutions run by the community. AIMS is a Unit of Amala Cancer Hospital Society managed by the Devamatha Province of the Carmelites of Mary Immaculate (CMI), founded by St. Kuriakose Elias Chavara, a sage-cum-savant. Amala, at present, offers an MBBS, Medical PG courses, Ph.D. Nursing, M.Sc. Nursing and B.Sc. Nursing courses and is affiliated to the Kerala University of Health Sciences. Students are admitted to this institute as per the admission procedure stipulated by the concerned authorities and in the tenor of the admission policy of the management.

# CONTENT

| Sl. No. | Content  | Page No |
|---------|--|---------|
| 1       | Course Description                                   | 4       |
| 2       | Aims and Objectives                                  | 5       |
| 3       | Course Outline                                       | 6-7     |
| 4       | Methods of Teaching and Evaluation,<br>Credentialing | 8       |
| 5       | References   | 9       |

## CONTRIBUTORS

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Principal

Amala College of Nursing

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Professor

Amala College of Nursing

**Placement : IV year BSc Nursing**

**Theory : 32 hours**

**Title : WOMEN HEALTH**

### **COURSE DESCRIPTION**

Women health refers to the branch of medicine that focuses on the treatment and diagnosis of diseases and conditions that affect a woman's physical and emotional well being. The health of women is of particular concern because in many societies they are disadvantaged by discrimination rooted in socio cultural factors. Women are more prone than men to experience anxiety, depression and somatic complaints. Because women represent the cornerstone of a family's overall health, ensuring they have access to quality care also can lead to improved health for children and families.

This course is designed for nursing students to appreciate the concepts of women health, helps them to acquire knowledge, develop attitude towards health promotion, disease prevention and developing skills in management strategies to improve the quality of health and safety throughout a woman's lifespan.

## **AIMS AND OBJECTIVES**

### **AIM**

The aim of women health education is to create an awareness and sensitivity to women health issues and to develop accountability and commitment to work individually or collectively towards women safety and protection.

### **OBJECTIVES**

On the completion of the course the students will be able to

- Describe the dimensions of women health
- Identify the role of women in family and society
- Understand the gender issues and the related management
- Explain the psychosocial issues affecting women health
- Appreciate the importance of nutrition in women's care
- Explain the strategies to improve the women health

## COURSE OUTLINE:

| Unit | Time     | Content  |
|------|----------|--|
| I    | 6 hours  | <p>Introduction</p> <ul style="list-style-type: none"><li>- Concepts of women health</li><li>- Dimensions of women health</li><li>- Life cycle approach in women's care</li><li>- Intrauterine period</li><li>- Childhood</li><li>- Adolescence</li><li>- Young adult</li><li>- Middle age</li><li>- Old age</li><li>- Role of women in family and society</li></ul> |
| II   | 4 hours  | <p>Nutrition in women's health</p> <ul style="list-style-type: none"><li>- Women's wellness and nutrition</li><li>- Healthy eating for women</li><li>- Importance of nutrition in women's health</li></ul>   |
| III  | 10 hours | <p>Psychosocial and mental health aspects of women's health</p>  |

|    |         |   |
|----|---------|---|
|    |         | <ul style="list-style-type: none"> <li>- Psychosocial determinants of women health</li> <li>- Determinants of mental health</li> <li>- Stress and social stressors in women health</li> <li>Economic issues , marital problems, poverty</li> <li>Low income – low status job, partner violence</li> <li>- Mental health issues Fear and anxiety, depression, suicide</li> <li>- Psychosocial education in women’s health</li> </ul> |
| VI | 4 hours | <p>Gender issues in woman</p> <ul style="list-style-type: none"> <li>- Core issues</li> <li>- Gender in equality and sexual violence</li> <li>- Gender equality and women empowerment</li> </ul>  |
| V  | 8 hours | <p>Strategies to improve women health</p> <ul style="list-style-type: none"> <li>- Reproductive and sexual health</li> <li>- Preconception case</li> <li>- Prenatal and postnatal case</li> <li>- Menopausal general health and remedies to improve well being</li> <li>- Gynecologic disease screening</li> <li>- Care of old aged women</li> <li>- Psychological health, health behavior and life style modification</li> </ul>   |



## **METHOD OF TEACHING**

The core module for women health education includes classroom teaching, and discussion. Group discussion and brain storming sessions will be provided for the active participation of the students.

## **CREDENTIALING**

Students will be awarded with one credit hour on successful completion of course.

## **REFERENCES:**

1. Dutta (DC), Textbook of Obstetrics, New Central Book Agency.
2. Maternity & Child Health Nursing Care for the childbearing family, LWW, 5<sup>th</sup> edition.
3. Wong, Maternity Child Nursing Care, Mosby, 3rd Edition.

# **AMALA COLLEGE OF NURSING**

## **VISION**

To establish a Center of Excellence providing value-added education that combines effective teaching, focused academic exposure, and productive research with the aim of training healthcare personnel with professionalism and spirit of love and service as their hallmarks.

## **MISSION**

We constantly seek to recruit brilliant staff and provide state-of-the-art infrastructure in an Eco-friendly ambience with a view to challenging the students to become forward-looking dedicated graduate nurses imbued with compassionate love towards all, especially the poor and the marginalized.



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