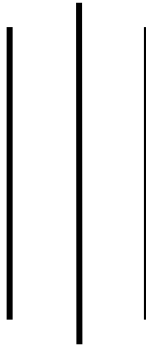




**CURRICULUM  
(Revised)  
POST-BASIC BACHELOR OF NURSING  
SCIENCE (PBNS)**

**(3 Years)**

**2019 (2076)**



**PURBANCHAL UNIVERSITY  
FACULTY OF MEDICAL AND ALLIED SCIENCES  
GOTHGAUN, MORNAG, NEPAL**

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# POST-BASIC BACHELOR OF NURSING SCIENCE (PBNS) PROGRAM

## BACKGROUND AND THE GOAL

The introduction of information and technology has brought a revolution in modern science making the world a smaller place with all countries within easy reach. The western developed countries have massively capitalised on the new advances of science and technology and have improved the socio-economic and the quality of life of their people to a great extent that is inconceivable in the developing countries. Access to quality education, health care services, quality food, shelter and social security with the provision of all the necessary services, have become the essential needs of the common people in the developed countries whereas these, very essential needs have become the exclusive privileges of the wealthy and affluent class in most of the developing countries. Access to quality health education and services has, more than any other factor, significantly improved the quality of life in the western world. The improvement in the quality of life has stemmed from a substantial public and private sectors investment on health education and services over a long period of time. It is universally recognized that until and unless a country can produce the high quality and adequate human health resources at various levels, needed by the country, it is inconceivable to bring the intended qualitative improvement in the health sector. The production of high-quality human resources in health sector, at various levels, must be based on the country's needs and the priority.

The Government of Nepal, Ministry of Health and Population has committed itself to raise the health status of the people of Nepal by pursuing the universal health coverage of Primary Health Care in order to realize the objectives of *Health for all* achieve the sustainable development goal which call for inter-sectoral co-ordination as well as active community participation and involvement. It is in this context that effective dissemination of relevant, technically sound, and feasible nursing and public health measures are necessary in order to increase

individual and community capabilities for involvement and self-reliance in health sectors and to promote healthy behaviour in regard to disease prevention and control, environmental health, midwifery, reproductive health. Thus, it has become essential through understanding of all relevant branches of health sciences, with special emphasis on the most appropriate nursing health measures which are necessary for promoting individual, institutional and community involvement.

Nepal faces a major challenge in providing the basic health care services let alone provides the high-quality health services to its population. One of the most limiting factors in meeting this challenge is the severe lack of health workers at various levels ranging from junior, medium to higher levels. For this, a large number of junior and medium level Nursing and Public health workers are needed to deliver the basic health services to the people at various levels (community, district, regional and national).

Nursing education in Nepal dates back to 1956 as a formal institution, and is one of the oldest educations in the field of health, but University level education in nursing was initiated only in late 1972 at the Institute of Medicine, offering Proficiency Certificate Level (PCL). It took another couple of years to begin Bachelor of Nursing program in Nepal. The bachelor nursing curriculum of the Institute of Medicine, under the Tribhuvan University was designed to upgrade those nurses who already had PCL nursing and working experiences. Thus, the program was named Post Basic Bachelor of Nursing (PBN) and was initiated at Maharajgunj Nursing Campus in 1976. Although at the beginning the course was designed specially in relation to Midwifery and then in Community nursing, it was revised in 1997, 2000, and in 2002 to make it more generic, focusing on Primary Health Care (PHC).

With the increase of health awareness and social status, the capacity to spend for quality of health care when falling sick has become an unavoidable circumstance. On this, the need for producing competent nurses with sound knowledge about the emerging health problems, technically competent, skillful as well as having caring attitude, has

become a challenge for any educational institution. In addition, revolution in modern information technology has brought the Global concept in health care management and services of which nursing service is a part of it. With this concept four years B Sc Nursing Program was first offered at BPKIHS, Dharan.

With the takeover of PCL Nursing program by the Council for Technical Education and Vocational Training (CTEVT) several nursing schools offering PCL Nursing Proficiency Certificate Level of Nursing course (PCL) were given permission to run the program. At present there are more than hundred nursing schools offering PCL nursing program. With the increase of PCL nursing graduates the demand for bachelor nursing was felt for the career development of staff nurses and apart from the TU, other Universities also started bachelors nursing programs. However, the demand for nurses holding bachelor's degree is ever rising. Purbanchal University was the first to give affiliation to institutes run by cooperative, NGOs and Private sector for starting Bachelor Nursing.

The initial Post-Basic Bachelor of Nursing (PBBN) program for two years course has been implemented up to 2068 academic year considering the need of international and national academic standard. However, the curriculum was revised to three academic years which was implemented from academic year 2069/70. Some additional subjects including elective and additional hours have been included to make the course more competent with new trends in nursing. It is done to provide qualitative nursing care to people in the country and enable the graduates to work in international health care as well. It is more focused on advanced regional Midwifery course. It is also decided to change the name of course from Post-Basic Bachelor of Nursing (PBBN) to Post-Basic Bachelor of Nursing Science (PBNS) from Academic Year 2075/76. As the academic course should be based on the change in the disease pattern of the people, health service strategy and need of the public, it is felt that the existing curriculum needs to be revised for enabling the graduates to provide care and management of the hospital

and community setting. Therefore, Purbanchal University initiated to revise the existing curriculum with incorporation of the subjects and topic matching to the health need and will apply since academic year 2076/2077. For providing qualitative SRMNH care in order to support Sustainable Development Goal of country with the incorporation of additional knowledge and skill based on the care component of ICM.

## **PURPOSE OF THE PROGRAM**

The Post Basic Bachelor of Nursing Science (PBNS) aims to prepare professional nursing with specialty in Midwifery, Medical Surgical, Psychiatric and Community nursing sectors with: -

- the highest possible technical and managerial competence in respective level of health programs, including problem identification
- planning, implementing, professional development training, health education and important evaluation and research. Such specialists can serve in various level and positions at national and international level.

**The PBNS curriculum mainly consists of following four specialized (Elective) areas:**

### **Midwifery**

There is a high demand of midwifery graduate nurses in the area of women's maternal health, infant care and the sexual and reproductive health care of the women. Government of Nepal has placed a high priority in midwifery care. Till now, this core area has not been sufficiently developed by any institution. Hence, the course is a pioneer one.

### **Community Health Nursing**

Community Health Nursing is another major elective area for nursing graduates. It aims to impart the necessary knowledge, understanding and the skills in the graduates to provide health care and services at the community level and closely link with the public health policies and processes of comprehensive primary health care approach.

## **Medical-Surgical Nursing**

Medical-Surgical Nursing is another highly demanding (elective) area for nursing graduates. The graduates with specialized knowledge in Medical Surgical nursing are expected to work, manage and provide health care services in the hospitals or any health care institution and care the different level of health care system as per the federal system.

## **Psychiatric Nursing**

Psychiatric Nursing is another highly demanding (elective) area for the nursing graduates have good call at national and international market. The graduates with specialized knowledge and skill in Psychiatric nursing are expected to work, manage and provide mental health services / counselling services in the hospitals, community and any other social work sector.

## **PHILOSOPHY**

### **Purbanchal University believes that**

- The graduates in nursing must be thoroughly acquainted with the present trends, advanced technology in health care system, changing concepts of life-style pattern and the expanding role and responsibilities of nurse-midwife in providing health services.
- The prevention of illness, promotion of health and care of the sick and rehabilitation are the responsibilities of individual, group, family, community and nation.
- Nursing is a dynamic process, which focuses on need based, problem solving, and decision-making in all nursing care activities by emphasising on nursing process focusing on family, reproductive health, concept of primary health care service throughout the life.
- Each learner is a talented enough and has the capacity to change if encouraged and guided towards positive health practices and the self-directed learning.
- Leadership in nursing is to visualize a clear vision of institutional and national goal, which demonstrate skills of problem solving and decision-making at all levels of health care system setting.



## **OBJECTIVES OF THE PROGRAM**

### **General Objective**

The general objective of the PBNS program is to produce competent graduates with advanced knowledge and practical skills necessary to deliver high quality health services needed for the country and across the country.

### **Specific Objectives**

Specifically, the program entails the following general objectives:

- Provide advanced knowledge and practical skills in nursing science covering Primary Health Care for nursing graduates.
- Develop skills in measurement, design, analysis and evaluation for applied nursing sciences, health system research and management.
- Equip with communication and group organization skills for promoting community participation in health and development.
- Enable nursing health professionals to deal with the existing realities in health management issues, concerns and problems.
- Develop the leadership capabilities of nursing professionals in the management of nursing services at various levels health programs.
  - Sound scientific knowledge as a base for practice.
  - Competent skills in providing nursing care to diversion group of people either in community or in a specialized hospital.
  - Broad knowledge in the field of health at national and international level.
  - Prepared to be able to teach at nursing school providing PCL/ANM level courses with application of educational psychology.

## **CONCEPTUAL FRAMEWORK**

The conceptual framework provides the structure in a curriculum and is based on theory to guide the Post Basic Bachelor of Nursing Science of nursing program to prepare competent nurse-midwife with advanced knowledge, competent skill and positive attitude in the areas of midwifery, hospital nursing and community health nursing.

At the bachelor level the major focus is placed on family, reproductive health, midwifery, hospital and community health nursing, which prepares competent nurse-midwives who will be capable leaders in different capacities as educator, manager, researcher, and change agent in the community to promote healthy life style throughout the life span of a person. Throughout the curriculum the nursing process is integrated for the provision of quality nursing care/management of an individual, group, family and community.

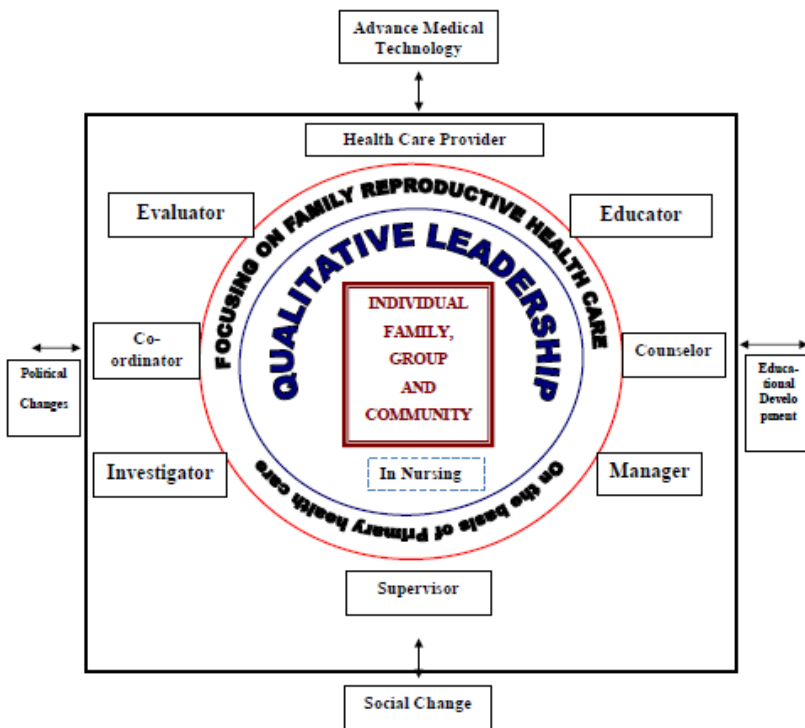


FIGURE 1: Model of Conceptual Framework: Leadership Role of the Nurse In Primary Health Care

## PROGRAM STRUCTURE

The Post-Basic Bachelor of Nursing Science (PBNS) program was initially designed for 2 academic years, with the demand of students and also to keep pace with international standard. However, it has been re-structured to make it of *three academic years*.

In total the program consists of **One Hundred Seventy-Seven (180) credit hours** (includes theory + Practice). It is also felt need that under the Elective subject Psychiatric Nursing 150 hours with 9 credit hours, the Professional English and Basic Computer as non-credit hours has been added. To compete with the demand of new technology in field of medicine some of the **assisted therapies** are added e.g. Hemodialysis, patient care with ventilator and neurological assessment (GCS) etc. National policy and strategy has been followed in the review and restructure of hours, credit and marks based on the subjects.

One Credit equals 16 lecture hours in theory and one credit hour of practical is equivalent to 32 hours of practical.

## DURATION OF THE COURSE

The course has been designed for **three (3) academic years** in Post-Basic Bachelor of Nursing Science (PBNS).

## ADMISSION CRITERIA

- Passed (PCL) nursing from any recognised institute.
- At least one year working experience in recognised health institutions after NNC license.
- Entrance examination as per rule of Purbanchal University. (one paper carrying one hundred and fifty marks (50 marks of English and 100 marks of Nursing Science related with problem solving and concern major subject/area).
- Objective type of questions will be asked in entrance examination.
- The candidates should secure at least 50 percent marks to pass. The candidates will be selected on merit basis.

## TEACHING LEARNING METHODS

A number of effective and participatory teaching learning methods will be employed to facilitate innovative learning but the choice of methods will depend on nature of subject and situation. The following are more frequently used

- Interactive lecture using multimedia, white board, Smart Board and overhead projector
- Learning process through interaction, group discussion, observation, demonstration and brain storming.
- Assignments; written assignments in a group and individual presentation.
- Observation visit, practical assignment, term paper will be used in practical learning.
- Self-directed and problem-based learning approach will be applied both in theory and practice as well as the participatory spirit will be employed.

## **EVALUATION**

The course evaluation system consists of two components namely internal assessment and the final examination and the following percentages have been assigned for it.

### **Theory: Written Examination**

- Internal Assessment - 20%
- Final Examination - 80%

### **Practical:**

- Internal assessment - 80 %
- Final examination in Major (elective) subject: 20%

## COURSE OVERVIEW: POST-BASIC BACHELOR OF NURSING SCIENCE

### PBNS 1<sup>st</sup> Year: Distribution of Hours and Marks

S N	Code	Subjects	Theory		Practical		
			Hours (credit hours)	Marks	Hours/weeks / credit hour	Marks	Total Hrs (T+P)
1	101	Anatomy and Physiology (T)	100 (6)	100			
2	102	Pharmacology (T)	50 (3)	50			
3	103	Pathophysiology (T)	50 (3)	50			
4	104	Microbiology/ Parasitology (T)	50 (3)	50			
5	105	Biochemistry (T)	50 (3)	50			
6	106	Nutrition and Dietetics (T)	50 (3)	50			
	107	Basic Science / Nutrition (P)			180 /5/6	100	
7	108	Medical-Surgical Nursing-I (T)	100 (6)	100			
8	109	Medical-Surgical Nursing-I (P)			360/10 /11	100	
9	110	Nursing Concept and Theories (T)	100 (6)	100			
10	111	Pediatric Nursing (T)	100 (6)	100			
11	112	Pediatric Nursing (P)			168/5/5	100	
12	113	Medical Sociology/Anthropology (T)	50 (3)	50			
13		Professional English	50	50 (IA)			
			<b>750 (42)</b>	<b>750</b>	<b>708/ 20/22</b>	<b>300</b>	<b>1458</b>

Note: IA = Internal Assessment only

## PBNS 2<sup>nd</sup> year: Distribution of Hours and Marks

SN	Code	Subjects	Theory		Practical		
			Hours (credit hours)	Marks	Hours/weeks/ credit hour	Marks	Total Hrs (T+P)
1	201	Midwifery-I (T)	100 (6)	100			
2	202	Midwifery-I (P)			252-7wks (8)	100	
3	203	Community Health Nursing-I(T)	100 (6)	100			
4	204	Community Health Nursing-I (P)			252-7 wks (8)	100	
5	205	Psychiatric Nursing-I (T)	50 (3)	50			
6	206	Psychiatric Nursing-I (P)			144 -4 wks (5)	50	
7	207	Educational science (T)	100 (6)	100			
8	208	Educational science (P)			252-7wks (8)	100	
9	209	Epidemiology (T)	50 (3)	50			
10	210	Geriatric Nursing (T)	50 (3)	50			
11	211	Geriatric Nursing (P)			72 -2wks-(2)	50	
12		Applied Computer Technology (T+P)	50	50			
			<b>500(27)</b>	<b>500</b>	<b>972 -27 wks (31)</b>	<b>400</b>	<b>1472</b>

### PBNS 3<sup>rd</sup> Year: Distribution of Hours and Marks

S N	Code	Subjects	Theory		Practical		Total Hrs (T+P)
			Hours (credit hours)	Marks	Hours/weeks/cr edit hour	Marks	
1	301	Leadership and Management (T)	100 (6)	100			
2	302	Leadership and Management (P)			252-7 wks(8)	100	
3	303	Research and Biostatistics in Nursing (T)	100 (6)	100			
4	304	Research and Biostatistics in Nursing (P)			324-9 wks(10)	100	
5	305	Oncology Nursing (T)	50 (3)	50			
6	306	Oncology Nursing (P)			72-2 wks(2)	50	
7	307	Elective Subjects (T) a-Community Health Nursing-II b-Midwifery-II c-Medical-Surgical Nursing-II d-Psychiatric Nursing-II	150 (9)0	150			
8	308	Elective subject Practicum			432-12 wks (14)	150	
			400(24)	400	1080- 30 wks (34)	400	1480

*Note: Theory classes 7 hours/day; Practicum 6 hours/day (Morning and Evening), 12 hours/ Night. Figures in the bracket indicated credit hours*

## OPERATIONAL CALENDER

### First Year

Subject	Study Block	Medical Surgical	Pediatric Nursing	Basic Science	Vacation	Revision Class	Final Exam	Total
Hours	750	360	180	180				
Weeks	18	10	5	5	8	2	4	52

### Second Year

Subject	Study Block	Midwifery	CHN	Psychiatric Nursing	Education Science	Geriatric Nursing	Vacation	Revision Class	Final Exam	Total
Hours	500	252	252	144	252	72				
Weeks	12	7	7	4	7	2	8	2	3	52

### Third Year

Subject	Study Block	Leadership Management	Research	Oncology	Major Subject	Vacation	Revision Class	Final Exam	Total
Hours	400	252	324	72	432				
Weeks	10	7	9	2	12	8	2	2	52

*Every clinical practice will have one day study block per week.*



## **CLINICAL SUMMARY:**

### ***FIRST YEAR- Clinical Practice***

- General Hospital
- Children Hospital

### **Basic Science –Nutrition Practice**

### **Skill Lab. / Laboratories**

- Microbiology, Parasitology, Biochemistry in clinical laboratory (Hospital)

### ***SECOND YEAR- Clinical Practice***

- Maternity Hospital
- Speciality Hospital
- Mental Hospital
- Senior Citizen home / relevant Ward

### **Educational Science Practice in Educational Institution**

- PCL level Nursing Program
- Basic BSc. Nursing Program

### **Community Health Nursing Practicum**

- Regional Health Directorate
- District Health Office
- Selected Community -PHC Centre / Health Post / Sub-health Post

### ***THIRD YEAR***

- Management Practicum: Practical area will be selected based on the major subject***
- General Hospital/ Maternity Hospital/Mental Hospital and Community field (Regional Directorate)
- Clinical Practicum***
    - Cancer Hospital// Cancer care ward

- c) Research Practicum
  - Proposal writing
  - Conducting Research
  - Report Writing
- d) Major Subject Practicum
- Maternity Hospital/Mental Hospital /Speciality Hospital/ Selected Community

**COURSE OVERVIEW: POST-BASIC BACHELOR OF NURSING SCIENCE**  
**PBNS 1<sup>st</sup> Year: Distribution of Hours and Marks**

S N	Code	Subjects	Theory		Practical		
			Hours	Marks	Hours-wks (credit hrs)	Marks	Total
1	101	Anatomy and Physiology (T)	100 (6)	100			
2	102	Pharmacology (T)	50 (3)	50			
3	103	Pathophysiology (T)	50 (3)	50			
4	104	Microbiology/Parasitology (T)	50 (3)	50			
5	105	Biochemistry (T)	50 (3)	50			
6	106	Nutrition and Dietetics (T)	50 (3)	50			
	107	Basic Science / Nutrition (P)			180 -5wks (6)	100	
7	108	Medical-Surgical Nursing-I (T)	100 (6)	100			
8	109	Medical-Surgical Nursing -I(P)			360-10 wks (11)	100	
9	110	Nursing Concepts and Theory (T)	100 (6)	100			
10	111	Pediatric Nursing(T)	100 (6)	100			
11	112	Pediatric Nursing (P)			168-5wks (5)	100	
12	113	Medical Sociology/Anthropology (T)	50 (3)	50			
13		Professional English	50	50 (IA)			
			<b>750 -18 wks (42)</b>	<b>750</b>	<b>708-20 wks (22)</b>	<b>300</b>	<b>1458</b>