### ADULT HEALTH NURSING - I WITH INTEGRATED PATHOPHYSIOLOGY

(including BCLS module) PLACEMENT: III SEMESTER

**THEORY:** 7 Credits (140 hours)

**PRACTICUM:** Lab/Skill Lab (SL) – 1 Credit (40 hours) Clinical – 6 Credits (480 hours)

**DESCRIPTION:** This course is designed to equip the students to review and apply their knowledge of Anatomy, Physiology, Biochemistry and Behavioral sciences in caring for adult patients with Medical/Surgical disorders using nursingprocess approach and critical thinking. It also intends to develop competencies required for assessment, diagnosis, treatment, nursing management, and supportive/palliative care to patients with various Medical Surgical disorders.

COMPETENCIES: On completion of Medical Surgical Nursing I course, students will be able to

- 1. Explain the etiology, pathophysiology, manifestations, diagnostic studies, treatments and complications of common medical and surgical disorders.
- 2. Perform complete health assessment to establish a data base for providing quality patient care and integrate theknowledge of anatomy, physiology and diagnostic tests in the process of data collection.
- 3. Identify nursing diagnoses, list them according to priority and formulate nursing care plan.
- 4. Perform nursing procedures skillfully and apply scientific principles while giving comprehensive nursing care topatients.
- 5. Integrate knowledge of pathology, nutrition and pharmacology in caring for patients experiencing various medical and surgical disorders.
- 6. Identify common diagnostic measures related to the health problems with emphasis on nursing assessment andresponsibilities.
- 7. Demonstrate skill in assisting/performing diagnostic and therapeutic procedures.
- 8. Demonstrate competencies/skills to patients undergoing treatment for medical surgical disorders.
- 9. Identify the drugs used in treating patients with medical surgical conditions.
- 10. Plan and give relevant individual and group education on significant medical surgical topics.
- Maintain safe environment for patients and the health care personnel in the hospital.
- 12. Integrate evidence-based information while giving nursing care to patients.

# COURSE CONTENT

# $T-Theory, L/SL-Lab/Skill\ Lab$

Unit	Time (Hrs) Learning Outcome	S Content	Teaching/ Learning Activities	Assessment Methods
I	6 (T) 4 (L/SL)  Narrate the evolution medical surgical nursing  Apply nursing process in caring for patients with medical surgical problems  Execute the role of a nurse in various medical surgical setting  Develop skills in assessment and care of wound	<ul> <li>Evolution and trends of medical and surgical nursing</li> <li>International classification of diseases</li> <li>Roles and responsibility of a nurse in medical and surgical settings         <ul> <li>Outpatient department</li> <li>In-patient unit</li> <li>Introduction to medical and surgical asepsis</li> <li>Inflammation, infection</li> </ul> </li> </ul>	Lecture cum discussion     Demonstration & Practice session     Role play     Visit to outpatient department, in patient and intensive care unit	Short Answer     OSCE

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
		Develop competency in	Wound care and dressing technique		
		providing pre and	Care of surgical patient		
		postoperative care	o pre-operative		
			o post-operative		
			Alternative therapies used in caring for patients with Medical Surgical Disorders		

п	15 (T) 4 (L/SL)	Explain organizational set up of the operating theatre  Differentiate the role of scrub nurse and circulating nurse  Describe the different positioning for various surgeries  Apply principles of asepsis in handling the sterile equipment  Demonstrate skill in scrubbing procedures  Demonstrate skill in assessing the patient and document accurately the surgical safety checklist  Develop skill in assisting with selected surgeries  Explain the types, functions, and nursing considerations for different types of anaesthesia	Intraoperative Care  Organization and physical set up of the operation theatre Classification O.T Design Staffing Members of the OT team Duties and responsibilities of the nurse in OT  Position and draping for common surgical procedures Instruments, sutures and suture materials, equipment for common surgical procedures Disinfection and sterilization of equipment Preparation of sets for common surgical procedures Scrubbing procedures Scrubbing procedures – Gowning, masking and gloving Monitoring the patient during the procedures Maintenance of the therapeutic environment in OT Assisting in major and minor operation, handling specimen Prevention of accidents and hazards in OT Anaesthesia – types, methods of administration, effects and stages, equipment & drugs Legal aspects	Lecture cum Discussion     Demonstration, Practice session, and Case Discussion     Visit to receiving bay	disinfectants used for instruments with the action and precaution
Ш	6 (T) 4 (L/SL)	Identify the signs and symptoms of shock and electrolyte imbalances  Develop skills in managing fluid and electrolyte imbalances	Nursing care of patients with common signs and symptoms and management  Fluid and electrolyte imbalance  Shock  Pain	Lecture, discussion, demonstration     Case discussion	Short answer     MCQ     Case report

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
		Perform pain assessment and plans for the nursing management			
IV	18 (T) 4 (L)	Demonstrate skill in respiratory assessment  Differentiates different breath sounds and lists the indications  Explain the etiology, pathophysiology, clinical manifestations, diagnostic tests, and medical, surgical, nutritional, and nursing management of common respiratory problems  Describe the health behaviour to be adopted in preventing respiratory illnesses	Nursing Management of patients with respiratory problems  Review of anatomy and physiology of respiratory system  Nursing Assessment – history taking, physical assessment and diagnostic tests  Common respiratory problems:  Upper respiratory tract infections  Chronic obstructive pulmonary diseases  Pleural effusion, Empyema  Bronchiectasis  Pneumonia  Lung abscess  Cyst and tumors  Chest Injuries  Acute respiratory distress syndrome  Pulmonary embolism  Health behaviours to prevent respiratory illness	<ul> <li>Lecture, discussion,</li> <li>Demonstration</li> <li>Practice session</li> <li>Case presentation</li> <li>Visit to PFT Lab</li> </ul>	• Essay • Short answer • OSCE
V	16 (T) 5 (L)	Explain the etiology, pathophysiology, clinical manifestations, diagnostic tests, and medical, surgical, nutritional, and nursing management of gastrointestinal disorders  Demonstrate skill in gastrointestinal assessment  Prepare patient for upper and lower gastrointestinal investigations  Demonstrate skill in gastric decompression, gavage, and stoma care	Nursing Management of patients with disorders of digestive system  Review of anatomy and physiology of GI system  Nursing assessment –History and physical assessment  GI investigations  Common GI disorders: Oral cavity: lips, gums and teeth GI: Bleeding, Infections, Inflammation, tumors, Obstruction, Perforation & Peritonitis Peptic & duodenal ulcer, Mal-absorption, Appendicitis, Hernias Hemorrhoids, fissures, Fistulas Pancreas: inflammation, cysts, and tumors	Lecture, Discussion     Demonstration,     Role play     Problem Based     Learning     Visit to stoma clinic	Short answer     Quiz     OSCE

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
		Demonstrate skill in different feeding techniques	Liver: inflammation, cysts, abscess, cirrhosis, portal hypertension, hepatic failure, tumors      Gall bladder: inflammation, Cholelithiasis, tumors		
			Gastric decompression, gavage and stoma care, different feeding techniques      Alternative therapies, drugs used in treatment of disorders of digestive system		
VI	20 (T) 5 (L)	Explain the etiology, pathophysiology, clinical manifestations, diagnostic tests, and medical, surgical, nutritional, and nursing management of cardiovascular disorders  Demonstrate skill in cardiovascular assessment  Prepare patient for invasive and non-invasive cardiac procedures  Demonstrate skill in monitoring and interpreting clinical signs related to cardiac disorders  Complete BLS/BCLS module	Nursing Management of patients with cardiovascular problems  Review of anatomy and physiology of cardio-vascular system  Nursing Assessment: History and Physical assessment  Invasive & non-invasive cardiac procedures  Disorders of vascular system- Hypertension, arteriosclerosis, Raynaud's disease, aneurysm and peripheral vascular disorders  Coronary artery diseases: coronary atherosclerosis, Angina pectoris, myocardial infarction  Valvular disorders: congenital and acquired  Rheumatic heart disease: pericarditis, myocarditis, endocarditis, cardiomyopathies  Cardiac dysrhythmias, heart block  Congestive heart failure, corpulmonale, pulmonary edema, cardiogenic shock, cardiac tamponade	<ul> <li>Lecture, discussion</li> <li>Demonstration</li> <li>Practice session</li> <li>Case Discussion</li> <li>Health education</li> <li>Drug Book/presentation</li> <li>Completion of BCLS Module</li> </ul>	Care plan     Drug record      BLS/ BCLS evaluation
VII	7 (T) 3 (L)	Explain the etiology, pathophysiology, clinical manifestations, diagnostic tests, and medical, surgical, nutritional, and nursing management of	Cardiopulmonary arrest  Nursing Management of patients with disorders of blood      Review of Anatomy and     Physiology of blood      Nursing assessment: history, physical assessment & Diagnostic	Field visit to blood bank     Counseling	Interpretation of blood reports     Visit report
		hematological disorders  Interpret blood reports	<ul> <li>physical assessment &amp; Diagnostic tests</li> <li>Anemia, Polycythemia</li> <li>Bleeding Disorders: clotting factor defects and platelets defects, thalassemia, leukemia, leukopenia,</li> </ul>		

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
		Prepare and provides health education on blood donation	agranulocytosis  • Lymphomas, myelomas		
VIII	8 (T) 2 (L)	Explain the etiology, pathophysiology, clinical manifestations, diagnostic tests, and medical, surgical, nutritional, and nursing management of endocrine disorders  Demonstrate skill in assessment of endocrine organ dysfunction  Prepare and provides health education on diabetic diet  Demonstrate skill in insulin administration	Nursing management of patients with disorders of endocrine system  Review of anatomy and physiology of endocrine system  Nursing Assessment –History and Physical assessment  Disorders of thyroid and Parathyroid, Adrenal and Pituitary (Hyper, Hypo, tumors)  Diabetes mellitus	Lecture, discussion, demonstration     Practice session     Case Discussion     Health education	Prepare health education on self-administration of insulin     Submits a diabetic diet plan
IX	8 (T) 2 (L)	Explain the etiology, pathophysiology, clinical manifestations, diagnostic tests, and medical, surgical, nutritional, and nursing management of disorders of integumentary system  Demonstrate skill in integumentary assessment  Demonstrate skill in medicated bath  Prepare and provide health education on skin care	Nursing management of patients with disorders of Integumentary system  Review of anatomy and physiology of skin  Nursing Assessment: History and Physical assessment  Infection and infestations; Dermatitis  Dermatoses; infectious and Non infectious  Acne, Allergies, Eczema & Pemphigus  Psoriasis, Malignant melanoma, Alopecia  Special therapies, alternative therapies  Drugs used in treatment of disorders of integumentary system	Lecture, discussion     Demonstration     Practice session     Case Discussion	Drug report     Preparation of Home care plan
X	16 (T) 4 (L)	Explain the etiology, pathophysiology, clinical manifestations, diagnostic tests, and medical, surgical, nutritional, and nursing management of musculoskeletal disorders	Nursing management of patients with musculoskeletal problems  Review of Anatomy and physiology of the musculoskeletal system  Nursing Assessment: History and physical assessment, diagnostic tests  Musculoskeletal trauma: Dislocation, fracture, sprain, strain,	<ul> <li>Lecture/</li> <li>Discussion</li> <li>Demonstration</li> <li>Case Discussion</li> <li>Health education</li> </ul>	Nursing care plan     Prepare health teaching on care of patient with cast

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
		Demonstrate skill in musculoskeletal assessment  Prepare patient for radiological and non-	Musculoskeletal infections and tumors: Osteomyelitis, benign and malignant tumour      Orthopedic modalities: Cast, splint, traction, crutch walking		
		radiological investigations of musculoskeletal system	Musculoskeletal inflammation:     Bursitis, synovitis, arthritis     Special therapies, alternative		
		Demonstrate skill in crutch walking and splinting	therapies     Metabolic bone disorder:     Osteoporosis, osteomalacia and     Paget's disease		
		Demonstrate skill in care of patient with replacement surgeries	Spinal column defects and deformities – tumor, prolapsed intervertebral disc, Pott's spine     Rehabilitation, prosthesis		
		Prepare and provide health education on bone healing	Replacement surgeries		
XI	20 (T) 3 (L)	Explain the etiology, pathophysiology, clinical manifestations, diagnostic tests, and medical, surgical, nutritional, and nursing management of patients with communicable diseases  Demonstrate skill in barrier and reverse barrier techniques  Demonstrate skill in execution of different isolation protocols	Nursing management of patients with Communicable diseases  Overview of infectious diseases, the infectious process  Nursing Assessment: History and Physical assessment, Diagnostic tests  Tuberculosis  Diarrhoeal diseases, hepatitis A-E, Typhoid  Herpes, chickenpox, Smallpox, Measles, Mumps, Influenza  Meningitis  Gas gangrene  Leprosy  Dengue, Plague, Malaria, Chikungunya, swine flu, Filariasis  Diphtheria, Pertussis, Tetanus, Poliomyelitis  COVID-19  Special infection control measures: Notification, Isolation, Quarantine, Immunization	Lecture, discussion, demonstration     Practice session     Case Discussion/seminar     Health education     Drug Book/presentation     Refer TB Control & Management module	Prepares and submits protocol on various isolation techniques

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#### CLINICAL PRACTICUM

# CLINICAL PRACTICUM: 6 Credits (480 hours) - 18 weeks $\times$ 27

hours

**PRACTICE COMPETENCIES:** On completion of the clinical practicum, the students will be able to apply nursing process and critical thinking in delivering holistic nursing care including rehabilitation to the adult patients undergoing surgery, with shock and fluid and electrolyte imbalance and with selected medical & surgical conditions i.e., Gastrointestinal, Respiratory, Endocrine, Orthopedic, Dermatology and Cardiovascular disorders.

The students will be competent to:

- 1. Utilize the nursing process in providing care to the sick adults in the hospital:
  - a. Perform complete health assessment to establish a data base for providing quality patient care.
  - b. Integrate the knowledge of diagnostic tests in the process of data collection.
  - c. Identify nursing diagnoses and list them according to priority.
  - d. Formulate nursing care plan, using problem solving approach.
  - e. Apply scientific principles while giving nursing care to patients.
  - f. Perform nursing procedures skillfully on patients.
  - g. Establish/develop interpersonal relationship with patients and family members.
  - h. Evaluate the expected outcomes and modify the plan according to the patient needs.
- 2. Provide comfort and safety to adult patients in the hospital.
- 3. Maintain safe environment for patients during hospitalization.
- 4. Explain nursing actions appropriately to the patients and family members.
- 5. Ensure patient safety while providing nursing procedures.
- 6. Assess the educational needs of the patient and their family related to medical and surgical disorders and provide appropriate health education to patients.
- 7. Provide pre, intra and post-operative care to patients undergoing surgery.
- 8. Integrate knowledge of pathology, nutrition and pharmacology for patients experiencing various medical and surgical disorders.
- 9. Integrate evidence-based information while giving nursing care to patients.
- 10. Demonstrate the awareness of legal and ethical issues in nursing practice.

#### I. NURSING MANAGEMENT OF PATIENTS WITH MEDICAL CONDITIONS

#### A. Skill Lab

#### Use of manikins and simulators

- Intravenous therapy
- Oxygen through mask
- Oxygen through nasal prongs
- Venturi mask
- Nebulization
- Chest physiotherapy

Clinical area/unit	Duration (weeks)	Learning Outcomes	Procedural Competencies/ Clinical Skills	Clinical Requirements	Assessment Methods
General medical	4	Develop skill in intravenous injection administration and IV therapy	<ul> <li>Intravenous therapy</li> <li>IV cannulation</li> <li>IV maintenance and monitoring</li> <li>Administration of IV medication</li> </ul>	<ul> <li>Care Study – 1</li> <li>Health education</li> <li>Clinical presentation/ Care</li> </ul>	Clinical evaluation     OSCE     Care Study
		Assist with diagnostic procedures  Develop skill in the management of patients with Respiratory problems  Develop skill in managing patients with metabolic abnormality	<ul> <li>Care of patient with Central line</li> <li>Preparation and assisting and monitoring of patients undergoing diagnostic procedures such as thoracentesis, Abdominal paracentesis</li> <li>Management patients with respiratory problems</li> <li>Administration of oxygen through mask, nasal prongs, venturi mask</li> <li>Pulse oximetry</li> <li>Nebulization</li> <li>Chest physiotherapy</li> <li>Postural drainage</li> <li>Oropharyngeal suctioning</li> <li>Care of patient with chest drainage</li> <li>Diet Planning <ul> <li>High Protein diet</li> <li>Diabetic diet</li> </ul> </li> <li>Insulin administration</li> <li>Monitoring GRBS</li> </ul>	note) – 1	evaluation • Care Note/ Clinical presentation

#### II. NURSING MANAGEMENT OF PATIENTS WITH SURGICAL CONDITIONS

#### A. Skill Lab

#### Use of manikins and simulators

- Nasogastric aspiration
- Surgical dressing
- Suture removal
- Colostomy care/ileostomy care
- Enteral feeding

### B. Clinical Postings

Clinical area/unit	Duration (Weeks)	Learning Outcomes	Procedural Competencies/ Clinical Skills	Clinical Requirements	Assessment Methods
General surgical wards	4	Develop skill in caring for patients during pre- and post- operative period  Assist with diagnostic procedures	Pre-Operative care Immediate Post-operative care Post-operative exercise Pain assessment Pain Management Assisting diagnostic procedure and after care of patients undergoing Colonoscopy	Care study – 1     Health teaching	Clinical evaluation, OSCE Care study Care note/Clinical presentation
		Develop skill in managing patient with Gastro- intestinal Problems	o ERCP o Endoscopy o Liver Biopsy		
		Develop skill in wound management	<ul> <li>Nasogastric aspiration</li> <li>Gastrostomy/Jejunostomy feeds</li> <li>Ileostomy/Colostomy care</li> <li>Surgical dressing</li> <li>Suture removal</li> <li>Surgical soak</li> <li>Sitz bath</li> <li>Care of drain</li> </ul>		

### III. NURSING MANAGEMENT OF PATIENTS WITH CARDIAC CONDITIONS

### A. Skill Lab

#### Use of manikins and simulators

- Cardiovascular assessment
- Interpreting ECG
- BLS/BCLS
- CPR
- ABG analysis
- Taking blood sample
- Arterial blood gas analysis interpretation

Clinical	Duration	Learning	Procedural Competencies/ Clinical	Clinical	Assessment
area/unit	(Weeks)	Outcomes	Skills	Requirements	Methods
Cardiology wards	2	Develop skill in management of patients with cardiac problems  Develop skill in management of patients with disorders of Blood	<ul> <li>Cardiac monitoring</li> <li>Recording and interpreting ECG</li> <li>Arterial blood gas analysis – interpretation</li> <li>Administer cardiac drugs</li> <li>Preparation and after care of patients for cardiac catheterization</li> <li>CPR</li> <li>Collection of blood sample for:         <ul> <li>Blood grouping/cross matching</li> <li>Blood sugar</li> <li>Serum electrolytes</li> </ul> </li> <li>Assisting with blood transfusion</li> <li>Assisting for bone marrow aspiration</li> <li>Application of anti-embolism stockings (TED hose)</li> <li>Application/maintenance of sequential Compression device</li> </ul>	<ul> <li>Cardiac assessment – 1</li> <li>Drug presentation – 1</li> </ul>	<ul> <li>Clinical evaluation</li> <li>Drug presentation</li> </ul>

# $IV.\ \ NURSING\ MANAGEMENT\ OF\ PATIENTS\ WITH\ DISORDERS\ OF\ INTEGUMENTARY\ SYSTEM$

# A. Skill Lab

Use of manikins and simulators

Application of topical medication

Clinical	Duration	Learning	Procedural Competencies/	Clinical	Assessment
area/unit	(Weeks)	Outcomes	Clinical Skills	Requirements	Methods
Dermatology wards	1	Develop skill in management of patients with disorders of integumentary system	<ul> <li>Intradermal injection-Skin allergy testing</li> <li>Application of topical medication</li> <li>Medicated bath</li> </ul>		Clinical evaluation

#### V. NURSING MANAGEMENT OF PATIENTS WITH COMMUNICABLE DISEASES

#### A. Skill Lab

- Barrier Nursing
- Reverse Barrier Nursing
- · Standard precautions

### B. Clinical Postings

Clinical	Duration	Learning	Procedural Competencies/ Clinical	Clinical	Assessment
area/unit	(Weeks)	Outcomes	Skills	Requirements	Methods
Isolation ward	1	Develop skill in the management of patients requiring isolation	Barrier Nursing     Reverse barrier nursing     Standard precautions (Universal precaution), use of PPE, needle stick and sharp injury prevention, Cleaning and disinfection, Respiratory hygiene, waste disposal and safe injection practices)	• Care Note – 1	Clinical evaluation     Care note

### VI. NURSING MANAGEMENT OF PATIENTS WITH MUSCULOSKELETAL PROBLEMS

### A. Skill Lab

### Use of manikins and simulators

- Range of motion exercises
- Muscle strengthening exercises
- Crutch walking

Clinical	Duration	Learning Outcomes	Procedural Competencies/	Clinical	Assessment
area/unit	(Weeks)		Clinical Skills	Requirements	Methods
Orthopedic wards	2	management of patients with musculoskeletal problems	<ul> <li>Preparation of patient with Myelogram/CT/MRI</li> <li>Assisting with application &amp; removal of POP/Cast</li> <li>Preparation, assisting and after care of patient with Skin</li> </ul>	• Care Note – 1	Clinical evaluation,     Care note

	traction/skeletal traction	
	Care of orthotics	
	Muscle strengthening exercises	
	Crutch walking	
	Rehabilitation	

# VII. NURSING MANAGEMENT OF PATIENTS IN THE OPERATING ROOMS

# A. Skill Lab

# Use of manikins and simulators

- Scrubbing, gowning and gloving
- Orient to instruments for common surgeries
- Orient to suture materials
- Positioning

Clinical	Duration	Learning	Procedural Competencies/ Clinical	Clinical	Assessment
area/unit	(Weeks)	Outcomes	Skills	Requirements	Methods
Operation theatre	4	Develop skill in caring for intraoperative patients	<ul> <li>Position and draping</li> <li>Preparation of operation table</li> <li>Set up of trolley with instrument</li> <li>Assisting in major and minor operation</li> <li>Disinfection and sterilization of equipment</li> <li>Scrubbing procedures – Gowning, masking and gloving</li> <li>Intra operative monitoring</li> </ul>	Assist as circulatory nurse – 4      Positioning & draping – 5      Assist as scrub nurse in major surgeries – 4      Assist as scrub nurse in minor surgeries – 4	<ul> <li>Clinical evaluation</li> <li>OSCE</li> </ul>