

RN1, RN2

SYLLABUS + GUIDE.

**GENERAL NURSING
COUNCIL
FOR
ENGLAND & WALES**

**Syllabus of Subjects for
Examination for the
Certificate of
GENERAL NURSING**

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The General Nursing Council for England and Wales

SYLLABUS

OF

SUBJECTS for EXAMINATION

FOR THE CERTIFICATE OF GENERAL NURSING

Introduction to the Syllabus

This Syllabus of Subjects in General Nursing provides basic information on which the pattern of training for registration with the General Nursing Council for England and Wales is planned. The syllabus sets out in general terms the subjects which will be studied and because nursing is an art in which many practical skills have to be learned, subjects may need to be introduced in the classroom before being practised in the wards or departments under the guidance of the ward sisters and staff nurses. The sister tutors and clinical instructors will advise and assist student nurses with both theoretical and practical work.

For convenience the syllabus is divided into three main sections which relate to general nursing, the human individual and his environment, and conditions from which patients may suffer and about which student nurses must learn not only the causes and treatment of disease but also the way in which subsequent illness can be prevented. Although the syllabus is divided into sections it should be clearly understood that nursing involves the care of the whole patient. It will be necessary, therefore, to study anatomy and physiology as applied to nursing, and to consider methods of treatment, with rehabilitation and social or health factors which may help to prevent recurrence of the condition.

Although nursing is learned in the wards and departments during the day or night, student nurses have regular periods of study in the classroom. During study periods student nurses have the opportunity of learning from members of the medical staff, nurse tutors and other lecturers about the care of the patient and the treatment of various diseases. There will be opportunity for group discussions, educational visits, individual or group projects and the presentation of case studies by one or more student nurses. There is also time for reading and private study and student nurses should become familiar with the books, periodicals and pamphlets available in the library

It must be remembered that study is a continuous process and that throughout the training reading, preparation of patient care studies and individual use of nurses' notes relating to the care of the

patient, are essential if the student nurse is to gain the maximum benefit from the training.

Candidates will normally be expected to enter for the Final Examination conducted by the Council on completion of a three year period of training, having made up excess sick leave and special leave.

The syllabus should be used in conjunction with the record of practical instruction. Each student nurse must be responsible for this record, which provides evidence of the practical nursing experience and the skills and treatments in which the student nurse should become proficient. The record should be referred to regularly and maintained in good order. It must be realised that although certain practical nursing experience is compulsory, other types of experience are optional and for this reason each student nurse's schedule will be completed and signed to show this variation in experience. This will be a helpful guide to the examiners in the final examinations and will provide a permanent and detailed record of training for each student nurse.

The General Nursing Council for England and Wales

SYLLABUS OF SUBJECTS FOR EXAMINATION

FOR THE CERTIFICATE OF GENERAL NURSING

I. Principles and Practice of Nursing

Including First Aid

(i) Introduction

Outline of the history and ~~background~~ of nursing.
Outline of the Health Service.
The Hospital, the various departments and functions, including its relationship with the Local Health Services.
Personal qualities and attitudes required of the nurse.
Standards of ethical conduct.
Relationship between the nurse, the patient and the relatives.
The place of the nurse in the hospital team, relationship with medical staff and other hospital workers.

(ii) Ward Management

The plan of the ward routine and the patients' day.
Elimination of noise.
Ventilation, heating and lighting.
Cleanliness of the ward as it affects the safety and comfort of the patients.
Care of linen; disposal of soiled and infected linen.
Care and use of equipment.
Care, storage and handling of food.

(iii) General care of the patient

Reception and admission of patients.
Transfer and discharge of patients.
Recording necessary particulars.
Care of the patient's clothing and other belongings, including valuables.
Observing and reporting on the patient's general condition and behaviour.

The nurse's responsibility for the patient's general cleanliness and hygiene.

Prevention and treatment of infestation.

Bedmaking, moving and lifting patients, helping patients to get in and out of bed.

Care of patients confined to bed.

Care of ambulant patients

Serving meals.

Feeding patients. Measuring and recording fluid intake and output.

Recording weight.

Taking and charting the temperature, pulse, respiration and blood pressure.

Observing and reporting on urine, faeces, vomit and sputum.

Giving and receiving reports.

(iv) Human behaviour in relation to illness

Effects on people of coming to hospital as in-patients or out-patients and effects on their relatives and visitors.

The nurse-patient relationship.

Patients' reaction to illness.

The effects of emotional states on physical states.

Convalescence and rehabilitation.

(v) Nursing procedures

1. *Associated with general care of the patient*

Special positions used in nursing care.

Bed and cot making with modification of method required in special conditions.

Methods of warming the bed.

Methods of relieving pressure.

Prevention and treatment of pressure sores.

Disposal and/or disinfection of urine, faeces, sputum and vomit.

Care of incontinent patients.

Care of the unconscious patient.

Last offices.

Bathing of infants and children.

Feeding of infants and children.

2. *Prevention of spread of infection (or surgical technique)*

- Prevention of spread of infection in a ward.
- Principles of asepsis.
- Aseptic technique.
- Methods of cleansing, sterilisation and disinfection.
- Preparation of lotions.
- Conduct of surgical dressings and other sterile procedures.
- Methods of securing dressings.
- Methods of disposal of soiled dressings.

3. *Administration and storage of drugs*

- Weights and measures (Imperial and Metric System)
- Rules for the storage of drugs and poisons.
- Rules for and method of the administration of drugs.

4. *Associated with specialised conditions*

- Care of patient before and after anaesthesia.
- General pre- and post-operative nursing care.
- Inhalations.
- Administration of oxygen; and ~~oxygen and carbendioxide.~~
- Nursing of patients requiring ~~artificial respirators~~ *artificial respiration*
- Intravenous and subcutaneous infusions.
- Artificial feeding.
- Gastric aspiration and washout.
- Preparation and administration of enemas ~~of various types.~~
- Passing a flatus tube.
- ~~Gelenic and~~ rectal washouts.
- Vaginal irrigations; perineal care; insertion of pessaries.
- Catheterisation and irrigation of urinary bladder.
- Treatment of the eye; bathing, irrigation, instillation of drops, application of ointments and dressings.
- Treatment of the ear, swabbing, instillation of drops, insufflation, syringing, application of ointments and dressings.
- Treatment of mouth ~~and throat by painting, irrigation and painting.~~
- Uses and applications of heat, cold, medicated preparations.
- Principles and methods of treatment by baths and sponging.

Clinical procedures

Collection of specimen of urine, faeces, vomit, sputum and discharge.

Urine testing.

Preparation and care of patient and preparation of apparatus for:—

- examination of ear, nose, mouth, throat; of respiratory, alimentary, urinary and genital tracts; neurological examination.
- Procedures including the examination of body fluids, gastric analysis, renal and liver efficiency test, ~~estimation of basal metabolic rate~~, X-ray examinations; lumbar puncture, cisternal puncture; bone marrow puncture; venepuncture ~~and venesection~~; aspirating the pleural cavity.
- drainage of peritoneal cavity and subcutaneous tissues.

Operating theatre technique

- Preparation and use of theatre annexes.
- Preparation, sterilisation, use and care of instruments and other equipment.
- Position of patient for operation.
- Observation and care of patient during anaesthesia and operation.

(vi) First aid and treatment in emergencies

- Aims of first aid treatment.
- General principles and rules to be observed.
- Improvisation of equipment.
- Methods of moving and carrying injured persons.
- ~~Use of triangular and roller bandages and splints.~~
- Haemorrhage.
- Shock.
- Asphyxia.
- Fractures.
- Burns and scalds.
- Poisoning.
- Fits.
- Emergencies, e.g., fire and accidents in the ward.

II. The Study of the Human Individual

Introduction to the development of the human individual; physical and mental.

General structure of the body with its relationship to function; how the body works.

The skeleton and its functions. How joints and muscles function. Need for and supply of oxygen to the tissues.

Principles of nutrition and basic dietetic requirements.

The use of food and fluid.

The circulation of the blood and the functions of the lymph and tissue fluid.

Elimination of waste products.

Control of activity by the nervous system and hormones.

The appreciation of environment; the senses of sight, hearing, smell, taste and touch.

How mind and personality develop

The basis of mental health; constitution as a determinant of human behaviour.

Family relationships and security.

Social development at school, during puberty and adolescence, at work, in courtship, marriage and parenthood.

Maturity. Readjustments needed in middle age and old age.

Maintenance of Health

Housing and the home

Types of buildings.

The problem of noise.

Provision of adequate ventilation, heat and light.

Provision of an adequate supply of safe water.

Storage and care of food.

Disposal of refuse.

Cleanliness.

The Individual

Clothing, nutrition, exercise and recreation; fatigue, rest and sleep.

III. Concepts of Nature and Cause of Disease and Principles of Prevention and Treatment

Nature and causes of disease

Congenital abnormalities.

Nutritional disorders—deficiencies or excesses in the diet—failure in absorption.

Endocrine disorders.

Emotional stresses.

Trauma—types of injury and processes of healing.

Inflammation, symptoms and signs—local and general, effects and results.

Infection—types of organisms and methods of spread of infection; reactions; immunity.

New growths; types and characteristics.

Degeneration.

Poisons.

Undetermined origin.

These general headings setting out in the broadest possible lines the nature and cause of disease should be applied in the study of all types of conditions which will include general and specialised medical and surgical conditions affecting all age groups and all systems and organs in the body.

The study of any condition from which a patient may be suffering either of a general or specialised character should include:—

Applied anatomy and physiology.

Cause.

Symptoms and the well-known signs.

Reasons for investigation.

Treatment.

Nursing care to include observations and records.

Normal course of the disease. Complications.

Social aspects and rehabilitation.

Maintenance of health and prevention of disease

Factors contributing to the maintenance of health including health education (see Section II).

Personnel contributing to the maintenance of health and co-operation with the staff in wards and departments of hospital, the family doctor and the Local Health Authority.

The personnel concerned with physical and mental care outside hospital.

Factors contributing to the breakdown in health.

The influence of the patient's home and economic background in the prevention of disease and as an associated cause of disease.

The Social Services.

Treatment of disease

Relevant items from Section I, Principles and Practice of Nursing, and the application of physiological processes included in Section II, the study of the human individual, should be studied in relation to the nursing care required in the treatment of any condition from which patients may be suffering.

Other aspects of treatment

1. Rest
General rest of mind and body.
Importance of environment and planning the patient's programme to include adequate rest.
Physiological rest of affected organ or area.
Complications associated with prolonged local or general immobilisation.
2. Dietetics
Normal diet
Ward-meals,
Modification of the normal diet in the treatment of various conditions.

3. Pharmacology

Dangerous Drugs Act.

Regulations under the Pharmacy and Poisons Act.

The use, dosage, action and side effects of drugs commonly ordered in diseases of:—

- Cardio-vascular system
- Alimentary system
- Endocrine system
- Nervous system
- Genito-urinary system
- Respiratory system
- Locomotor system
- Preparations of vitamins and hormones
- Anti-histamines
- Chemotherapeutic agents.

4. Radiotherapy

Principles of treatment by X-ray and radioactive substances.

5. Physiotherapy

Principles of treatment.

6. Psychiatric treatment

Principles of psychological treatment, and therapeutic climate.
Special treatments and drugs used in mental disorders.

7. Occupational and industrial therapy

Principles and use of occupational and industrial therapy as a means of return to health and working capacity.

General Principles of Medicine and Surgery

Medical and Surgical Nursing

- Cardio-vascular system
 - Abnormalities of pulse, cardiac action and blood pressure.
 - Diseases affecting the heart, blood, blood vessels and blood forming organs, lymphatic vessels and nodes.
- Respiratory system
 - Abnormalities of respiration.
 - Types of cough and sputum.
 - Diseases of the respiratory tract, lungs and pleura.
- Alimentary system
 - Abnormalities and disorders of appetite, swallowing, digestion, absorption, metabolism, and defaecation.
 - Types of vomiting, diarrhoea and constipation.
 - Diseases of the alimentary tract and its associated organs.
- Urinary system
 - Abnormality of urine.
 - Disorders of micturition.
 - Diseases of the urinary tract.
- Locomotor system
 - Abnormalities and diseases of bones, joints and muscles.
 - Trauma.
- Endocrine system
 - Effects of disordered function of endocrine glands.
- Nervous system
 - Disorders and diseases of the brain, spinal cord, and peripheral nerves.
 - Assessment of level of consciousness, sensory changes and types of paralysis.
- Special senses
 - Abnormalities and disorders of sight, hearing, smell, taste and touch.
 - Diseases of the eye, ear, nose, tongue and skin.
- Communicable diseases
 - Immunity. Use of Sera and Vaccines.
 - Mode of Spread of infection.
 - Specific fevers.
 - Veneral diseases.
 - Respiratory tuberculosis.
- Mental disorders
 - Inter-relationship of mental and physical processes; psychosomatic disorders; psychotic and neurotic states.
 - Pregnancy; principles of ante-natal care.
 - The stages of normal labour.
 - Post-natal care of mother and child.
 - Disorders of menstruation, pregnancy, the puerperium and the menopause.
 - Displacements and diseases of the genital tract.
 - Disorders associated with these organs.
- Female reproductive system
- Male reproductive system

*Recognition of the M.S.-IV
Course & Learning Objectives of the M.S.-IV
Neurology & Psychogeriatrics
Psychogeriatrics disorders*