YEAR ONE SEMESTER I
DMHND 01 ANATOMY AND PHYSIOLOGY (I):
DMHND 02 FOUNDATIONS OF NURSING(I)
DMHND 03 BASIC COMPUTER APPLICATIONS
DMHND 04 FIRST AID
DMHND 05 MICROBIOLOGY
DMHND 06 SOCIOLOGY
DMHND 07 PSYCHOLOGY I
DMHND 08 PRINCIPLES OF PSYCHIATRIC NURSING (I)

YEAR ONE SEMESTER II
DMHND 01 ANATOMY AND PHYSIOLOGY (II)
DMHND 02: FOUNDATIONS OF NURSING (II)
DMHND 08: PRINCIPLES OF PSYCHIATRIC NURSING (II)
DMHND 012: GUIDANCE AND COUNSELING
DMHND: 07 PSYCHOLOGY II

YEAR TWO SEMESTER I
DMHND 08: PRINCIPLES OF PSYCHIATRIC NURSING (III)
DMHND 09: MEDICAL-SURGICAL NURSING I
DMHND 010: PHARMACOLOGY I
DMHND 011: PEADIATRIC NURSING (I)

YEAR TWO SEMESTER II
DMHND 09: MEDICAL NURSING II
DMHND 10: PSYCHO-PHARMACOLOGY II
DMHND 11: PEADIATRIC NURSING(II)
DMHND 018: CHILD PSYCHIATRY
YEAR THREE SEMESTER I
DMHND 013: OCCUPATIONAL THERAPY AND REHABILITATION IN MENTAL HEALTH
DMHND 14: BASIC TRAINING METHODS
DMHND 015: PRIMARY HEALTH CARE (PHC)
DMHND 016: HEALTH SERVICE MANAGEMENT (I)
DMHND 017 APPLIED RESEARCH

YEAR THREE SEMESTER II
DMHND 016 HEALTH SERVICE MANAGEMENT II
DMHND 017 APPLIED RESEARCH II (REPORT WRITING)
DMHND 019 PALLIATIVE CARE NURSING
DMHND 020: INTRODUCTION TO OCCUPATIONAL HEALTH AND SAFETY
DMHND 021: ENTREPRENEURSHIP
DMHND 022: COMMUNITY MENTAL HEALTH NURSING
YEAR ONE SEMESTER I

DMHND 01 ANATOMY AND PHYSIOLOGY (I)

Topic 1: Introduction to Anatomy and Physiology
- Definition of terms used in anatomy and physiology
- Human body organization (cell, tissue structure and function)
- Chemistry of life
- Blood and its composition

Topic 2: Structures and functions of various body systems
- Cardio-vascular system and detailed diagrammatic description
- Lymphatic system and detailed diagrammatic description
- Digestive system and detailed diagrammatic description
- Skeletal system and detailed diagrammatic description
- Muscular system and detailed diagrammatic description

DMHND -02 FOUNDATIONS OF NURSING(I)

2.1 Introduction to Nursing
- Definitions
- Nurses’ rights
- History of Nursing
- Theories of Nursing
- Nursing in health care delivery system
- Legal aspects in Nursing
- Carrier pathway

2.2 Ethics and Etiquette
- Ethical principles
- Professional code of conduct
- Code of conduct for all medical workers
- Values of the nurses
- Medical legal issues

2.3 Nursing Process

2.4 Basic Nursing Procedures
- General principles for all nursing procedures
- Management of equipment
- Admission and discharge of patients
- Bed making and types of beds
- Patient’s comfort
- Prevention and treatment of pressure sores
- Feeding of patients
- Barrier nursing
• Observation and documentation
• Lifting, turning of patients
• Administration of drugs
• Bed bath
• Mouth care
• Transfer of patients
• Bed appliances
• Care of linen
• Giving bedpans and urinals

DMHND -03 BASIC COMPUTER APPLICATIONS

3.1 Introduction
• History of computer
• Advantages of using computer
• Components of computer

3.2 Microsoft computer packages
• Introduction to computer environment
• Using Microsoft word
• Using Microsoft excel
• Using power point

3.3 Introduction to internet
• Surfing/searching for all information on the net
• Using the email

3.4 Maintenance of computer and its components
• Maintenance of computer components
• Computer protection from internet hazards

DMHND -04 FIRST AID

4.1 Introduction to first aid
• Definition
• Principles and rules of First Aid
• Equipment used in First Aid

4.2 First Aid Emergencies
• Shock
• Cardio-Pulmonary resuscitation
• Fractures and dislocation
• Sprains
• Asphyxia
• Drowning
• Poisoning
• Snake bite and insect stings
• Burns and Scalds
• Haemorrhage
• Bleeding
• Unconsciousness
• Wounds

DMHND-05 MICROBIOLOGY

• Concepts of microbiology
• Classification and types of microorganisms
• Characteristics and mode of spread of disease causing microorganisms and parasites
• Pathological effects of microorganisms and parasites
• Simple laboratory tests /diagnostic procedures
• Introduction to immunity
• Immunity and immune system
• Antibodies and antigens
• Vaccination and immunization
• Cold chain
• Prevention and control of infections

DMHND-06 SOCIOLOGY

6.1 Introduction to sociology

• Basic concepts
• Relevancy of sociology to Nursing

6.2 Socialization Process

• Socialization
• Urbanization and Globalization
• Group dynamics
• Deviance and Social Control

6.3 Sociology and Health

• Health/Illness/Sickness as a social identity
• Illness and sick role behavior
• Family as the basic health unit
• Culture and health behavior
• Gender, domestic violence and mental health
6.4 Conflict Resolution

- Concept of conflict
- Conflict profile
- Conflict cause and management

6.5 Attitudes and Beliefs

- Definition of concepts
- Models functions of attitude
- Factors for attitude formation
- Attitude change

**DMHND 07 PSYCHOLOGY I**

7.1 Introduction to Psychology

- Definition and history of Psychology
- Types of Psychology

7.2 Brain, Body and Awareness

- Body and behavior
- Sensation and Perception
- Motivation and emotion
- State of consciousness

7.3 Human Development

- Infancy and childhood
- Adolescence
- Adulthood and Aging
- Gender differences

7.4 Cognitive Processes

- Principles of learning
- Intelligence
- Memory and forgetting

**DMHND 08 PRINCIPLES OF PSYCHIATRIC NURSING (I)**

8.1 Introduction to Mental Health

- History of Mental Health Nursing
- Mental Health Nursing Services in Uganda
- Duties and roles of a mental health Nurse
- Therapeutic environment/mileu
• Admission/ Assessment of a patient with mental health problem
• Professional therapeutic Nurse-Patient/ client relationship
• Nursing process & it’s Application in the management of patient with mental health problems
• Legal aspects of mental health nursing

8.2 Psychiatric Interventions and Psychiatric Emergencies

• Suicide
• Delirium tremens
• Epileptic furor
• Aggression and violent behavior
• Acute panic states
• Acute drug induced extra pyramidal syndrome
• Drug intoxication
• Catatonic and depressive stupor

YEAR ONE SEMESTER II

DMHND 01 ANATOMY AND PHYSIOLOGY (II)

Structures and functions of various body systems
• The respiratory system and the detailed diagrammatic description
• The urinary system and the detailed diagrammatic description
• The endocrine system and the detailed diagrammatic description
• The nervous system and the detailed diagrammatic description
• Organs of special Senses and the detailed diagrammatic description
• The reproductive system and the detailed diagrammatic description
• The lymphatic system and the detailed diagrammatic description

DMHND 02: FOUNDATIONS OF NURSING (II)

2.5 ADVANCED NURSING CARE

• Passing a nasal gastric tube
• Stomach lavege
• Nasal gastric aspiration
• Flatus tube
• Rectal washout
• Care of colostomy
• Intravenous infusion
• Catheterization
• Bladder irrigation
• Chest aspiration
• Care of underwater seal drainage
• Care of tracheostomy
• Nursing paraplegic patients
• Paracentesis abdomins
• Ear syringing
• Administration of oxygen
• Preparation of patients for X-ray and other investigations
• Lumbar puncture
• Wound dressing
• Preparation of traction
• Preparation for biopsy
• Palliative care

DMHND 08: PRINCIPLES OF PSYCHIATRIC NURSING (II)
• Introduction to Mental Health
• Schizophrenia
• Affective Disorders
• Organic Mental Disorders
• Neurotic Disorders
• Epilepsy
• Psychoactive substance use
• Pregnancy and Puerperium related mental health problems
• HIV Psychosis/ AIDS Dementia
• Psychosexual Disorders
• Forensic Psychiatry
• Eating Disorders
• Geriatric Psychiatry
• Liaison Psychiatry
• Personality Disorder

DMHND 012: GUIDANCE AND COUNSELING

12.1 Introduction to Guidance and Counseling
• Concepts of Guidance and Counseling
• Theories and Principles of Guidance and Counseling
• Qualities of a good counselor
• Importance of counseling in psychiatric nursing

12.2 Counselling Process
• Different models/ stages of counseling
• Attitude and skills of counseling
• Self – awareness
• Don’ts in counseling

12.3 Specific Common Counseling Conditions
• HIV/AIDS pre and post counseling
• Substance abuse
• Depressed patient’s/ anxiety states
• Bereavement and other types of loss
• Crisis intervention
• PTSD

DMHND: 07 PSYCHOLOGY II
• Personality, and Theories of personality
• Assessment of personality and personality abilities
• Frustration, conflict, stress and substance abuse
• Mental Defense mechanisms and their application
• Motivation and theories of motivation

YEAR TWO SEMESTER I

DMHND 08: PRINCIPLES OF PSYCHIATRIC NURSING (III)

Specialized Areas of Nursing Care
• Escape tendency
• Food refusal
• Insomnia
• Parole
• Planning patient’s day

Psychotherapies
• Behavior therapy
• Cognitive behavior therapy
• Supportive psychotherapy
• Group therapy and family therapy

DMHND 09: MEDICAL-SURGICAL NURSING I
• Definition of terms
• Causes of medical/ surgical conditions
• General approach to management of medical-surgical conditions
• General investigations carried out to rule out medical surgical conditions

Diseases of the cardiovascular system
• Pericarditis
• Endocarditis
• Myocarditis
• Myocardial infarction
• Congestive cardiac failure
• Rheumatic heart disease
• Anemias
• Hemorrhage

Diseases of the Renal System
• Pyelonephrits
• Glomerulo-nephritis
• Renal failure
• Cystitis
• Nephrotic syndrome
• Urethritis
• Trauma to the kidney, bladder and urethra
• Prostatic hypertrophy
• Urethral strictures

Diseases of the respiratory system
• Diseases of the Upper Respiratory System
• Diseases of the Lower Respiratory system

Diseases of the Digestive System
• Oral Pharyngeal conditions
• Stomatitis
• Gingivitis
• Oesophagitis
• Peptic Ulcer disease
• Liver conditions
  ➢ Hepatitis
  ➢ Liver cirrhosis
  ➢ Jaundice
• Gastritis
• Cholecystitis
• Appendicitis
• Intestinal obstruction

Diseases of the nervous system
• Meningitis
• Encephalitis
• Cerebral Vascular Accident
• Head Injury
• Epilepsy
• Headaches
• Tumours

Diseases of the endocrine system
• Diabetes
• Goitre
• Thyrotoxicosis and Myxedema
• Cretinism and Gigantism

DMHND 010: PHARMACOLOGY I

10.1 Introduction to Pharmacology
• Concept of pharmacology
• Pharmacy and Drug Act
• Classification of drugs
• Pharmacokinetics and pharmacodynamics
• Rules governing administration of drugs

10.2 General Pharmacology
• Antimalarial Medicine
• Analgesics
• Antibiotics
• Antihistamines
• Anticoagulants
• Anti-diabetics
• Anti-Tuberculosis drugs
• Anti-fungals
• Anthelmintic
• Antivirals
• Antineoplastics
• Diuretics
• Antihypertensive
• Haematemetics

DMHND 011: PEADIATRIC NURSING (I)

Introduction to Paediatric Nursing and Concepts of Paediatric nursing

Growth and development
• Factors affecting growth and development
• Growth monitoring and promotion
• Developmental mile stones
Growth monitoring
- Taking children’s weight
- Plot weight on growth promotion chart
- Assessment of neonates and children

Childhood Illness and Conditions
- Neonatal conditions
- Childhood conditions
- Home accidents
- Drug administration in children
- Health Education and Promotion
- Immunization
- Immunization and management of cold chain
- Nutrition
- Hygiene

YEAR TWO SEMESTER II

DMHND 09: MEDICAL NURSING II

Skin disorders or disease
- Kaposis sarcoma
- Allergic condition of the kin
- Wounds burns
- Inflammations

Specific surgical conditions
- Anthrax
- Gangrene tetanus
- Fractures
- Spinal injuries
- Osteomyelitis
- Congenital abnormalities
- Osteoarthritis
- Bone and joint tumors

Conditions of the ear, nose and throat
- Otitis media
- Rhinitis
- Foreign body
- Adenitis
Ano-rectal conditions

- Hemorrhoids
- Anal fistula and fissure
- Rectal prolapsed

STDs and HIV/AIDS infections

- HID/AIDS infection
- Vaginitis
- Gonorrhea
- Trichomonas
- Syphilis
- Candidiasis
- Canchroid
- **Tropical and communicable diseases**
  - Parasitic infections
  - Intestinal worms
  - Malaria
  - Trypanosomiasis
  - Zoonoses of medical importance
  - Rabies
  - Brucellosis
  - Viral infections of medical importance
    - Chicken pox
    - Measles
    - Mumps
    - SARS
- Hemorrhagic Fevers (Viral)
  - Ebola
  - Yellow fever
  - Lasar fever
  - Marburg
- Gastrointestinal infections
  - Diarrhea
  - Typhoid
  - Cholera
  - Dysentery
Gynecological Conditions

- Uterine tumors
- Pelvic Inflammatory Diseases (P.I.Ds)
- Vesicle-vaginal fistula
- Rectal- vaginal fistula
- Cancer of the cervix
- Fibroids
- Vulvitis
- Conditions of the breast
  - Cancer of the breast
  - Mastitis
- Ovarian cyst

DMHND 10: PSYCHO-PHARMACOLOGY II

- Antipsychotics
- Antidepressants
- Anticonvulsants/ Antiepileptic
- Anxiolytics
- Mood stabilizers
- Anti-parkinsonian drugs

DMHND 11: PEDIATRIC NURSING(II)

- Bleeding
- Congenital toxoplasmosis
- Syphilis
- Perinatal asphyxia
- Neonatal seizures
- Normal sexual development
- Home accidents
- Manage children living with HIV /AIDS
  - Clinical manifestation of HIV / AIDS in children
  - Opportunistic infections in children
  - Treatment of HIV/AIDS in children (ARV therapy)
  - Prevention and control of HIV/AIDS
DMHND 018: CHILD PSYCHIATRY

- Mental retardation
- Attention deficit hyperactivity disorder
- Conduct disorders.
- Autism.
- Hyperkinesis
- Separation anxiety
- Social phobia
- Asperger’s syndrome
- Trauma responses in children (PTSD and Depression)
- Suicide and self-harm

YEAR THREE SEMESTER I

DMHND 013: OCCUPATIONAL THERAPY AND REHABILITATION IN MENTAL HEALTH

13.1 Introduction

- Definition of terms
  - Occupational therapy
  - Rehabilitation
  - Work/productivity
  - Leisure/ play
  - Self-care/ self-maintenance
  - Activities of daily living (ADL)

- Concepts and theories in occupational therapy
  - Institutionalization
  - Ethical legal issues in occupational therapy
  - Forensic psychiatry and occupational therapy
  - Socio-cultural issues in occupational therapy
  - Approaches to treatment in mental health occupational therapy

13.2 Occupational Therapy Process

- Assessment
- Analysis
- Planning
- Implementation and Evaluation
13.3 Activities in Mental Health Occupational Therapy

- Physical activities
- Social activities
- Personal activities
- Work and constructive activities

13.4 Rehabilitation

- Principles
- Resources and support
- Personnel

13.5 Specific areas for occupational therapy in mental health

- Schizophrenia
- Anxiety Disorders
- Substance-related disorders
- Personality disorders
- Mood disorders
- Epilepsy
- Rehabilitation for HIV/AIDS
- Child and adolescent psychiatry
- Acute psychosis

DMHND 14: BASIC TRAINING METHODS

14.1 Introduction to principles of training and learning

- Concepts; teaching, learning and training
- Principles of Teaching and learning
- Training or facilitation methods
- Advantages and limitations of different training methods

14.2 Preparation and Presentation

- Planning a training session
- Preparation
- Session facilitation
- Pre and post training evaluation
- Report writing

14.3 Designing a training program

- Prepare a training programme
- Conduct a training programme
- Monitor and evaluation training programme
- Report writing
DMHND 015: PRIMARY HEALTH CARE (PHC)

15.1 Introduction to PHC

- Meaning of PHC
- Historical background of PHC
- Concepts, principles and pillars
- Components of PHC

15.2 Integration of mental health into existing PHC services

- Minimum health care package
- Process of integration of mental health into PHC services
- Resources for delivering health services

15.3 Community Health Services

- Introduction to delivery of community mental health services
- Define what constitutes a community
- Structure (administrative) of a community
- Values, norms, beliefs, taboos, and attitude
- Social services
- Stake holders and resources within the community
- Community diagnosis
  - Community entry process
  - Community entry
  - Community survey
  - Ethical consideration
    - Identification and prioritization of needs and resources and interventions
    - Develop action plan
- Implementation, monitoring and evaluation of health services in the community
  - Mobilization and sensitization
    - Check list and indicators for monitoring
- Report writing on community health activities

DMHND 016: HEALTH SERVICE MANAGEMENT (I)

Introduction to Management

- Concepts
- Theories and Principles
- Functions of effective leadership and management
• Roles, responsibilities and functions of an effective leader/manager
• Qualities of a good manager
• Management theories and styles
• Human resource management
  ➢ Recruitment and Staff recruitment process
  ➢ Remuneration and appraisal
  ➢ Performance Appraisal
• Financial management
• Management of equipment and supplies
• Transport management.
• Management of Infrastructure
• Leadership
  ➢ Leadership theories
  ➢ Team process
  ➢ Styles of leadership
• Conflict and conflict resolution
• Negotiation Skills
• Prepare a management report
• Carryout inventory

DMHND 017 APPLIED RESEARCH

17.1 Introduction
• Concept of research
• Functions of research
• Types or methods of research
• Research designs

17.2 Basic Statistics
• Frequencies
• Mean
• Mode
• Median
• Data presentation methods

17.3 Proposal Writing
• Introduction
• Literature review
• Methodology
• References
• Budgeting
• Work plan
17.4 Data Collection Procedures

- Types of research tools
- Formulation of research tools
- Methods of data collection

**YEAR THREE SEMESTER II**

**DMHND 016 HEALTH SERVICE MANAGEMENT II**

- Organizational and structure of a health unit
- Planning health services
  - Concept of planning
  - Planning cycle
  - Work plan for health facility
- Management of resources at the psychiatric unit
  - Equipment and supplies
  - Human resource
  - Time
  - Finances
  - Space
- Management of HMIS
- Maintenance of healthy unit
- Implementation, monitoring and evaluation of a health facility
- Management of equipment and supplies
  - Inventory and stock taking
  - Ordering/ requisition procedures
  - Procurement of equipment and supplies
  - Issuing of equipment and supplies
- Integrated disease response and surveillance
- Key government policies

**DMHND 017 APPLIED RESEARCH II (REPORT WRITING)**

- Introduction
- Literature review
- Methodology
- Results
- Discussion
- Recommendations
- Dissemination of results
Palliative Care concepts
- Principles of palliative care
- Importance of palliative care
- Roles of palliative care in Uganda
- Attributes of palliative care
- Preparation of family to make important decisions.

The hospice concept
- Hospice movement
- Philosophy of hospice
- Goals of hospice.
- Holistic care approach

Pain and pain management
- Pain assessment
- Pain management
- Psychosocial support to terminally ill patients
- Administer analgesics
- Control pain using non-pharmacological methods

Palliative care emergencies
- Severe uncontrolled pain.
- Spinal cord compression.
- Hypercalcemia.
- Hemorrhage.
- Superior vena cava obstruction (SVCO).

Symptoms of terminally ill patients
- GIT (Nausea and vomiting, Diarrhea, Anorexia, Constipation, Hiccups)
- Respiratory system (Dyspnea / air hunger)
- Nervous system (Delirium, Depression, Nightmares, Insomnia)
- Integumentary system (Non-healing wound, Pruritus)

Common conditions in palliative care
- Anger.
- Spiritual needs
- Bereavement

Ethics at the end of life
- Hastened death
- Assisted death
- Advanced directives

Terminal care
- Near death awareness
- Grief
- Death and dying
- Breaking sad news
DMHND 020: INTRODUCTION TO OCCUPATIONAL HEALTH AND SAFETY

- Basic concepts in occupational health and safety
- Identification of occupational health hazards in a work place
- Types and classification of occupational health hazards
- Prevention and control of occupational health hazards
- Roles of a nurse in prevention and control of occupational health hazards
- Legal issues in occupational health hazards e.g. Workers’ Compensation Act

DMHND 021: ENTREPRENEURSHIP

Concept of entrepreneurship
- Small business in the economy
- Entrepreneurship, the entrepreneur and the owner manager
- Innovation and the market place

Creating entrepreneurial small business
- Business planning
- Successful, strategies for small business
- Start-ups and franchises (Permits/license)
- Buying an existing business
- Forming and protecting a business

Managing people and resources
- Managing people and resources
- Marketing
- Money matters for small business
- Business exists and realizing value
- Development of a business plan and budget
- Establishing a business premise
- Raising funds for small business

DMHND 022: COMMUNITY MENTAL HEALTH NURSING

- Introduction to Community Health Nursing
- Roles of Mental Health Nurse
- Mental Health Home Care
- Community Mental Health Outreach Services
- Promotion of Mental Health and Prevention of Mental Illness
- Disasters and disaster management
  - Types of disasters (Natural disaster and Man made disaster.
  - Disaster management.
  - Roles played by each stakeholder as far as preparedness, response and recovery and mitigation are concerned.
  - The stages of disaster management.
  - Requirements for disaster preparedness.
  - Disaster prevention