

## PROSPECTUS

### Location Map:

Location of NMC Institute of Nursing:



## **Introduction**

Despite our efforts to prevent and relieve it, there is still a terrible amount of suffering in the world. While the rates of illness and death from infectious disease and malnutrition have gone down in developed countries, the same rates from cancer and circulatory disease have risen. Genetic defects, accidents, and violence take their toll; population density makes the impact of natural disasters worse than it once was. Although medical science has helped us to achieve longer life spans, we often require medical assistance to live through those extra years. As much as we need doctors, there is also a need for nurses to work with patients and translate doctor's recommendations into real health improvements or pain relief.

Nursing schools can not only prepare you for a great and financially rewarding career, they can also give you the knowledge and skills you need to make a difference in peoples' lives. This can take place in a hospital, hospice, doctor's office, school, camp, nursing home, or patient's residence. "I want to make the world a better place" might be a cliché, but there are few better ways to do it than by studying and practicing nursing.

## **Nursing in History**

From the dawn of human societies, people have attempted to heal one another and care for the sick and wounded. In Western cultures, doctors eventually replaced shamans and medicine men; semi-professional nurses came on the scene to assist family care givers; and in cities, the focus of major health care moved from the home to specialized medical districts. While some people identify the theater of Hippocrates (he of "Hippocratic Oath" fame) on the Greek island of Kos as the world's first hospital, it's more probable that first hospital we would recognize as such was founded in Jerusalem by the Knights Hospitalers of St. John in the 11th century AD.

The "nursing school" is said to have been founded in India in about 250 BC; according to the document known as The Charaka, it trained only men "of good behavior, distinguished for purity, possessed of cleverness and skill, imbued with kindness, skilled in every service a patient may require, competent to cook food, skilled in bathing and washing the patient, rubbing and massaging the limbs, lifting and assisting him to walk about, well skilled in making and cleansing of beds, readying the patient and skillful in waiting upon one that is ailing and never unwilling to do anything that may be ordered." For the next 2000 years, men and women received training in caring for the sick and wounded in many different ways: from healers and physicians, from hospitals and hospices, and from military organizations. But one war, and one woman, would change nursing and nursing education forever.

In 1853, war broke out between Russia and the Ottoman Empire (now Turkey), and England and France soon entered the war on the side of the Ottomans. In 1854, English and French forces attempted to invade the peninsula called the Crimea, in what is now The Ukraine, expecting to surprise the Russians and meet little resistance. The "Crimean War" turned into a fiasco; strong Russian defenses and horrible strategic decisions caused massive allied casualties. Because of poor logistical support, malnutrition, and little or no sanitation and hygiene at the main allied barracks hospital, appalling numbers of wounded British soldiers

died from disease. The British government allowed a woman named Florence Nightingale to try to set things right. Nightingale was trained in nursing despite her wealthy family's strong objections. She led a team of nurses to the barracks hospital and virtually single-handedly overhauled the treatment of the soldiers there. The result was a dramatic reduction in the hospital's rates of disease and death. She went on to revolutionize nursing, health care, and hospital design throughout Europe and in India, founded the Visiting Nurse Association, contributed to the founding of the British Army Medical School, and gave her name to the Nightingale Training School for Nurses at St. Thomas' Hospital in London. The "Florence Nightingale Pledge," written for the graduates of Detroit's Farrand Training School for Nurses, is to nurses what the Hippocratic Oath is to doctors.

In the Pakistan first School of Nursing was established 1884 Myo Hospital Lahore, but instead of that no any Indian Nurse could get admission till 1934. In this School only Anglo-Indians allowed to get admission. After Independence 2<sup>nd</sup> School of Nursing was inaugurated at Ganga Ram Hospital Lahore in 1984, from where seven girls graduated. To see the college education scenario in Indo-Pak the First College of Nursing was established in Delhi 1941 AND in Pakistan, College of nursing was established in 1955 at civil hospital Karachi & affiliated with Karachi University later it was shifted to Jinnah Postgraduate Medical Centre Karachi in 1959. This JPMC College of Nursing was offering the Postgraduate Diploma in Ward Administration & Teaching Administration in initial & group of girls got postgraduate in 1957.

The B.Sc Nursing Degree program (Post RN) was started first by School of Nursing Aga Khan University Karachi in between 1985 to 1990 as a Private Sector, followed by Jamshoro College of Nursing Jamshoro in 2001 as a ever first Public Sector which started B.Sc Nursing in Pakistan with affiliation of Liaquat University of Medical & Health Sciences Jamshoro. There were only 04 students who got graduation from this College.

### **NMC Institute of Nursing:**

NMC Institute of Nursing is located in heart & posh area of the Karachi, on the verge of 40 feet wide road & adjacent to Tooba Apartment Defense Phase-I Karachi. This School is operated by the National Medical Centre. National Medical Centre is tertiary care hospital and fully equipped with the latest technology to make it a benchmark hospital in healthcare standards. A multi-specialty medical centre, it takes a holistic approach towards healthcare and health education and continues to strive for excellence in everything we do, from our medical & nursing expertise to our human relations.

NMC School of Nursing is already running the Diploma in Nursing program which accredited by Pakistan Nursing Council vide its accreditation letter No. F-7-157-Admin/2008/- 1261 dated 13 May 2008.

We believe that Nurses are backbone of any health care organization so we provide state of the art, high quality and cost effective nursing education at an excellent level because quality and quantity of life is directly proportional with health and health can not be improved without improvement of nursing education

## **Philosophy**

The educational philosophy of NMC Institute of Nursing is to develop scientific and logical thinking, to explore evidence based nursing, to foster effective and efficient nursing, and to better people's health and quality of life, based on our core principle of "*The Wind of Human Care*"

### **The objectives of NMC Institute of Nursing are:**

- To provide a theoretical knowledge of principles and methods related to Nursing Education.
- To strengthen the quality of teaching and management in hospitals and in the schools of nursing. Through current teaching concepts and skills.
- To promote critical thinking and problem-solving skills.
- To encourage self-directed and life-long learning.
- To provide safe competent nursing care in a specialized area.
- To make able the graduates to demonstrate a leadership role in nursing education, research practice and administration.
- To foster the concept of continued education.
- To will enhance the image of nursing profession and raise the standards of Nursing in the country.

### **Accreditation:**

The NMC School of Nursing is already accredited by Pakistan Nursing council (PNC) for RN Diploma and under process for undergraduate programs.

### **University Affiliation:**

NMC Institute of Nursing is affiliated with **DOW UNIVERSITY OF HEALTH SCIENCES KARACHI.**

## **B.Sc Nursing Degree Program.**

NMC Institute of nursing is granting two degree programs, one is *Generic B.Sc Nursing* program of four years consisted on 08 semesters & other is *Post RN B.Sc Nursing* of two years based on 04 semesters.

## **Program's structure:**

### **1. B.Sc Nursing (Post RN)**

#### **Admission Criteria**

- Diploma in Nursing
- Both male and female are eligible
- **Pre-entry test** in the subjects of English, Science, Simple Mathematics, and Nursing Concepts. Minimum 50% marks will be accepted.
- **Interview:**
  - Spoken English proficiency,
  - Communications—defending, arguing and rationalization of the interest.
  - Professional Look—Physical Grooming, Mannerism & confidence.

**Age:** no age limit because we believe 'learn from cradle to grave'

**Health Status:** Physically & mentally fit as certified by Registered Medical Practitioner

#### **Seats Allocation**

- 25 seats

#### **Period of study**

- 02 years (04 Semesters)
- 1 Semester comprised on 20 Weeks study. **(6 months)**

**Campus Timing:** 8:00 to 2:30 p.m. Monday to Friday.

## **Terminal Objectives of the program**

The graduate will be prepared to demonstrate mastery of the following objectives:

- Synthesize knowledge from advanced theoretical and empirical sciences to generate nursing theory relevant to the advanced practice nursing role.
- Evaluate clinical data for planning, implementing and evaluating of health care to promote, maintain and/or restore an optimum level of health and adaptation in adult clients.
- Utilize the research process in the systematic investigation of factors that influence the health and adaptation of adult client populations.
- Assume a collegial role on consultation with other health care providers to enhance the quality and accessibility of health care services to consumers.
- Utilize the advanced practice role to exercise leadership responsibility, professional accountability and a scholarly approach to health care.
- Generate a personal philosophy and role definition that reflects a commitment to human values and contributes to the evolution of nursing as a profession.
- Utilize oral and written skills to actualize the advanced practice nursing role.

## **2. B.Sc Nursing (Generic)**

### **Admission Criteria**

- HSC-II (Pre Medical) passed with 50% overall Score.
- **Pre-entry test:** comprised on subjects—English, Chemistry, Physics, & Biology successfully passed with 50% Score.
  - **Interview:**
    - Spoken English proficiency,
    - Communications—defending, arguing and rationalization of the interest.
    - Professional Look—Physical Grooming, Mannerism & confidence.

**Age:** 17 to 30 years

**Health Status:** Physically & mentally fit as certified by Registered Medical Practitioner

### **Seats Allocation**

- 25 seats

### **Period of study**

- 04 years (08 Semesters)
- 1 Semester comprised on 20 Weeks study.

**Campus Timing:** 8:00 to 2:00 p.m. Monday to Friday.

## Curriculum:

As we are affiliated with Dow University of Health Sciences Karachi so Curriculum of Dow University of Health Sciences will be adopted for B.Sc Nursing Post RN program.

For B.Sc Nursing Program (4 years) curriculum of Higher Education Commission (HEC) Pakistan will be followed.

**CURRICULUM PROFILE (HEC'S)**  
 B.Sc. Nursing Degree Program  
**DURATION 04 YEARS 08 Semesters**  
**(22 WEEKS EACH)**

**20 WEEKS STUDY HOURS**  
**02 WEEKS EXAMINATION**

YEAR I	YEAR II	YEAR III	YEAR IV
-Microbiology -Anatomy and Physiology-I -Biochemistry -Pak. Studies -Mathematics -Computer Skills -Islamiat -Communication Skills -Fundamental of Nursing -Anatomy and Physiology-II -Community Health Nursing-II -Nursing Ethics. -English I	-Adult Health Nursing I -Pathophysiology -Health Assessment -Pharmacology-I -Applied Nutrition -English II -Adult Health Nursing-II -Pathophysiology II -Teaching and Learning: Principles and Practices -Pharmacology II -English III	-Pediatrics Health Nursing -Tropical diseases -Developmental Psychology -Reproductive Health -English IV -Culture, health & society -Mental Health Nursing -Introduction to Biostatistics -Behavioral Psychology III -Epidemiology -Academic Writing	-Advanced Concepts in Nursing -Leadership and Management in Nursing -Nursing Research -Introduction to nursing theories <b>Electives</b> -Professional writing -Evidence base Research Project -Advanced concept in Community -Nursing Seminar / Role transition -writing for publication -Electives

### Terminal Objectives of B.ScN (Generic Program)

1. Utilize the nursing process to implement principles of patient centered care.
2. Apply professional leadership skills in collaborating with the interdisciplinary team to provide continuity of care and continuous quality improvement in a safe environment.
3. Implement the principles of evidence based nursing practice in the provision of patient centered care.
4. Use information technology to support clinical decision making in the provision of patient centered care.

5. Implement critical thinking strategies to provide nursing care in the context of health promotion, health maintenance, health restoration and palliation.

## 2. Teaching and learning Resources

### a. Physical Resource

#### i. Library

NMC School have air-conditioned, good resourced library with availability of 300 professional and non-professional books.

#### ii. Science Laboratory

NMC School of Nursing is well-equipped with Clinical & Science procedural items to conduct the experiments as prescribed the curriculum. It has facility of all routine and special diagnostic screening tests of Sputum, blood, urine, stool, pus, biopsy, staining, preparation of smear, & microscopy etc.

#### iii. Skills Demo Room

As you travel through your nursing program you need a well-equipped skills lab, so NMC School provides an opportunity to spend time in the Nursing Skills during each semester for learning new psychomotor skills, reviewing previously learned skills of fundamental of nursing, health assessment. Simulation will be a key component of all these elements, whether it is using a simple task trainer or a complex full bodied manikin with heart sounds. Critical thinking is encouraged by incorporating the rationale for what you are learning. As well as understanding the nursing responsibilities that accompanies these skills. Evaluation is a continuous process utilizing peer evaluations, course skills testing and clinical experiences. The Nursing Skills Lab works in conjunction with the nursing faculty to coordinate nursing theory and clinical courses.

## FACULTY MEMBERS

Name	Designation	Qualification	Experience
Dr. Mohammed Moosa	Associate Professor & Project Director	MBBS, M.Sc (Hosp. Adm)	15 teaching & administration experience
Mr. P.K Chandio	Assistant Professor & Principal	- Post RN B.ScN, - Diploma Nsg Adm. - Dip Teaching Adm. - M.A Sociology	07 years teaching to Post RN B.ScN & Nursing College Administration.
Dr. Altaf Hussain	Assist Professor	- MBBS, MCPS	03 year teaching experience.
Dr. M. Aslam	Assistant Professor	-MBBS, FCPS	03 year teaching experience.
Mr. Shair Mohammed	Sr. Lecturer & Coordinator degree Program	Post RN B.ScN	05 years teaching Experience
Ms. Riaz Saed	Sr. Lecturer Cordinator Diploma Program	RN, RM, DWA, DTA.	10 years teaching experience.
Miss. Rubina Parveen	Sr. Nursing Lecturer	RN, B.ScN, D.W.A, D.T.A, (M.ScN)	01 Year Teaching Experience
Mr. Javed	Nursing Lecturer	B.Sc Nursing	03 year teaching experience.
Mohammed Atta	Nursing Lecturer	B.Sc Nursing	03 years teaching experience
Goband Rai	Nursing Lecturer	Post RN B.ScN	02 Years Experience
Gagan Naveed	Sr. Clinical Instructor	Post RN B.ScN	15 years bedside teaching
Sabahat Mushtaq	Nursing Lecturer	Post RN B.Sc Nursing	1 ½ year teaching experience
Mrs. Rita	Clinical Instructor	RN, D.W.A, D.T.A	12 Clinical & Teaching Experience
Ms. Nouren Rahim	Junior Nursing Instructor	RN, (B.ScN )	5 Year Clinical & Teaching Experience
Mr. Wajid Ali Chandio	Lecturer in English & Pakistan Study	M.A English M.A Political Science	05 Years teaching experience
Wazir Ali	Lecturer in Science	M.Sc Physics	05 years Teaching Experience

### 3. Career Opportunities in Pakistan & abroad

#### **Service Careers:**

- b. Registered Nurse
- c. Advance Nurse Practitioner
- d. Head Nurse
- e. Nursing Instructor
- f. Clinical Instructor
- g. Nursing Superintendent
- h. Nursing Manager
- i. Infection Control Nurse
- j. Nursing Coordinator
- k. Nursing Lecturer
- l. Principal of Nursing Institution.

#### **Education Opportunity:**

- a. M.Sc Nursing
- b. Master in Public Health
- c. Master in Epidemiology & Biostatistics
- d. Master in Environmental Sciences
- e. Master in Bioethics
- f. Master in Community Health & Nutrition
- g. Postgraduate Diploma

Prepared by:

**P.K Chandio**

Principal

NMC Institute of Nursing Karachi

Facilitated by:

**Dr. Mohammed Moosa**

Project Director

NMC Institute of Nursing Karachi

## Fee's Structure

NOMINATOR	Fee in Rupees	
	B.ScN (Post RN)	B.ScN (Generic)
Admission Fee one in program	30,000	30,000
*Tuition Fee per semester	24,000	24,000
Transport Fee Per Semester for academic purpose.	2,000	2,000
Laboratory Fee per Semester	5,00	5,00
**Student Fund per year	5.00	5.00
University Enrolment Fee once in Program	15,00	15,00
***Security Deposit (Refundable)	5,000	2,000

\* Tuition fee along with Transport Fee can be taken in monthly installments at rate of 5,000 per month as 4000 extra charges. & in 02 Installments 2000/= extra, 03 Installments 3000 Extra charges, In 06 Monthly Installments 4000 Extra will charged)

\*\***Student's fund** may be utilized for recreational activities or other social events.

\*\*\* **Security deposit** for college property must be paid. If the students lose or damage college property, the security deposit will not be refunded. Moreover, students will be required to pay Rs.100/- extra with cost of the item lost or damaged.

**Note:** Examination Fee for the semester will be taken as prescribed by the University.

### Financial Assistance:

03 'Doslani Scholarships will be awarded to students who get marks above than 85% in first semester.