



Value Added Programme on Soft skills for Nurses Syllabus

Objectives :

A 15-hour syllabus for Value Added Programme in soft skills for nurses should cover essentials skills like communication, interpersonal, and emotional intelligence skills. These skills are crucial for building positive relationships with patients, their families, and colleagues, as well as for providing effective patient care.

Throughout the course, incorporate case studies, role-playing exercises, group discussions, and real-life scenarios to make the training interactive and applicable to real-world nursing situations. Encourage participants to reflect on their experiences and share insights to enhance learning.

Module 1: Introduction to Soft Skills (1 hour)

- Definition and importance of soft skills in nursing
- Overview of the course content and objectives

Module 2: Effective Communication (2 hours)

- Verbal and non-verbal communication
- Active listening techniques
- Empathetic communication
- Communicating with diverse patient populations

Module 3: Building Rapport with Patients (2 hours)

- Establishing trust and rapport
- Demonstrating compassion and empathy
- Handling difficult conversations and delivering bad news

Module 4: Interpersonal Skills (2 hours)

- Teamwork and collaboration
- Conflict resolution in healthcare settings
- Effective assertiveness and negotiation

Module 5: Emotional Intelligence (2 hours)

- Understanding emotions and their impact on patient care
- Self-awareness and self-regulation
- Empathy and social awareness
- Relationship management



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Module 6: Cultural Competence (2 hours)

- Recognizing cultural differences in healthcare
- Providing culturally sensitive care
- Addressing health disparities

Module 7: Stress Management (2 hours)

- Recognizing and managing stress in nursing
- Coping strategies for high-stress situations
- Self-care and burnout prevention

Module 8: Time Management (2 hour)

- Effective time management techniques
- Prioritizing tasks in a healthcare setting
- Managing workload and maintaining quality care

Module 9: Patient-Centered Care (2 hour)

- Understanding and implementing patient-centered care principles
- Involving patients in their care plans
- Providing personalized care experiences

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Syllabus on Training Programme on Computing Skills for Nurses

With effect from 2018-19

Objectives:

A training program on computing skills for nurses requires careful planning to ensure that the content is relevant, engaging, and effectively teaches essential skills.

This 15-hour syllabus provides a well-rounded introduction to computing skills tailored specifically for nurses. It covers the basics of computer usage, essential software skills, EHR systems, data security, internet literacy, and troubleshooting. The hands-on practice and practical exercises ensure that participants can apply their knowledge effectively in a healthcare setting.

Unit 1: Introduction to Computing Basics for Nurses (3 hours)

- Welcome and program overview
- Importance of computing skills for nurses
- Introduction to computer hardware and software
- Basic computer terminology and concepts
- Navigating the Windows operating system
- Using the mouse and keyboard effectively

Unit 2: Essential Software Skills for Nurses (3 hours)

- Introduction to Microsoft Office Suite (Word, Excel, PowerPoint)
- Creating and formatting documents in Microsoft Word
- Organizing and analyzing data in Microsoft Excel
- Creating informative presentations in Microsoft PowerPoint
- Practical exercises and hands-on practice

Unit 3: Electronic Health Records (EHR) and Data Security (3 hours)

- Understanding Electronic Health Records (EHR)
- Benefits and challenges of EHR systems
- Navigating and inputting patient information in EHR
- Data security and patient confidentiality
- Hands-on exercises with EHR systems



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Unit 4: Internet and Information Literacy (3 hours)

- Navigating the internet safely and effectively
- Evaluating online health information sources
- Using search engines for medical research
- Introduction to telemedicine and telehealth
- Identifying reliable healthcare websites and resources

Unit 5: Troubleshooting and Advanced Computing Skills (3 hours)

- Common computer issues and troubleshooting techniques.
- Backing up and securing patient data
- Introduction to mobile health apps and tools
- Introduction to telemedicine platforms

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TRAINING PROGRAMME ON FIRST AID SKILLS SYLLABUS

With Effect from: 2018-19

A First Aid Techniques training program is crucial for teaching participants essential skills to provide immediate assistance in medical emergencies.

This 15-hour syllabus provides a comprehensive introduction to first aid techniques, covering essential topics such as CPR, bleeding control, fractures, burns, choking, allergic reactions, and more. Hands-on practice and scenario-based learning ensure participants can apply their knowledge effectively in emergency situations.

Unit 1: Introduction to First Aid (2 hour)

- Importance of first aid knowledge
- Legal and ethical considerations
- Good Samaritan laws and protection
- Chain of survival and the role of first responders

Unit 2: Basic Life Support (BLS) and CPR (2 hours)

- Recognizing cardiac arrest and respiratory distress
- Performing high-quality chest compressions
- Ventilation techniques (mouth-to-mouth and bag-valve-mask)
- Automated External Defibrillator (AED) use
- Hands-on practice with manikins

Unit 3: Bleeding and Wound Care (2 hours)

- Control of bleeding (direct pressure, tourniquets, pressure points)
- Dressing wounds and applying bandages
- Handling and disposing of blood-contaminated materials
- Hands-on wound dressing and bandaging practice

Unit 4: Fractures, Sprains, and Strains (2 hours)

- Recognizing fractures, sprains, and strains
- Immobilization techniques (splints and slings)
- Reducing the risk of complications
- Practical application of splints



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Unit 5: Burns, Scalds, and Electrical Injuries (2 hours)

- Assessing burn severity (1st, 2nd, 3rd degree)
- Initial treatment for burns and scalds
- Electrical injury management
- Hands-on practice with burn dressings

Unit 6: Choking and Airway Obstruction (1 hour)

- Recognizing signs of choking
- Techniques for clearing airway obstruction
- Abdominal thrusts (Heimlich maneuver)
- Hands-on practice with choking scenarios

Unit 7: Allergic Reactions and Anaphylaxis (1 hour)

- Recognizing allergic reactions
- Administering epinephrine (EpiPen)
- Managing allergic emergencies
- Hands-on practice with EpiPen trainers

Unit 8: Stroke and Heart Attack (1 hour)

- Recognizing signs of stroke and heart attack
- First aid for stroke and heart attack victims
- Importance of early recognition and EMS activation
- Hands-on practice with recognizing signs

Unit 9: Poisoning and Overdose (1 hour)

- Recognizing poisoning and overdose
- First aid for poisoned individuals
- Activated charcoal administration (if applicable)
- Importance of calling Poison Control
- Hands-on practice with scenarios

Unit 10: First Aid Kits and Emergency Preparedness (1 hour)

- Contents of a basic first aid kit
- How to create and maintain a home first aid kit
- Emergency action plans and disaster preparedness

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VALUE ADDED PROGRAMME ON CRITICAL CARE NURSING SYLLABUS

With effect from 2018-19

Objective:

Training on critical care nursing requires a structured approach to ensure participants acquire the essential knowledge and skills needed to provide high-quality care in critical care settings.

This 15-hour syllabus provides a comprehensive introduction to critical care nursing, covering assessment, monitoring, airway management, hemodynamics, medication administration, infection control, ethical issues, and patient and family support. Hands-on practice and simulations ensure participants gain practical skills, and discussions address the ethical and emotional aspects of critical care nursing.

Unit 1: Introduction to Critical Care Nursing (2 hours)

- The role of a critical care nurse
- Scope and challenges of critical care nursing
- Overview of critical care settings and patient populations
- Importance of teamwork and communication in critical care

Unit 2: Assessment and Monitoring (2 hours)

- Comprehensive patient assessment in critical care
- Use of vital signs monitoring equipment
- Interpretation of ECG and cardiac monitoring
- Monitoring neurological status and intracranial pressure
- Hands-on practice with monitoring equipment

Unit 3: Airway and Ventilation Management (2 hours)

- Airway assessment and maintenance
- Mechanical ventilation: principles and modes
- Ventilator settings and troubleshooting
- Suctioning techniques and airway clearance
- Simulation or demonstration of airway management



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Unit 4: Hemodynamic Monitoring (2 hours)

- Hemodynamic parameters and assessment
- Invasive and non-invasive blood pressure monitoring
- Central venous pressure (CVP) monitoring
- Cardiac output monitoring methods
- Hands-on practice with hemodynamic monitoring equipment

Unit 5: Medication Administration in Critical Care (2 hours)

- Common medications used in critical care
- Calculating medication dosages
- Administration routes and techniques
- Medication safety and potential complications
- Case scenarios and medication administration practice

Unit 6: Infection Control and Sepsis Management (2 hours)

- Infection prevention strategies in critical care
- Recognizing signs of infection and sepsis
- Sepsis bundles and early intervention
- Isolation precautions and sterile technique
- Hands-on practice with infection control procedures

Unit 7: Pain Management and Sedation (2 hours)

- Assessment of pain in critical care patients
- Pain management strategies and analgesics
- Sedation and agitation assessment
- Sedation scales and medication administration
- Simulation or case studies on pain and sedation management

Unit 8: Ethical and Legal Issues in Critical Care (2 hour)

- Ethical dilemmas in critical care
- Informed consent and decision-making
- Legal considerations in critical care nursing
- End-of-life care and advanced directives

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Training Program on Basic Surgical Skills Syllabus

With effect from 2018-19

Objective:

The basic surgical skills ensure the participants gain a solid foundation in surgical techniques and safety procedures. Below is a sample syllabus that covers various aspects of basic surgical skills.

This 15-hour syllabus provides a comprehensive introduction to basic surgical skills. It covers aseptic technique, knot tying, suturing, wound care, instrument handling, patient safety, and an overview of common surgical procedures. Hands-on practice and assessments ensure that participants gain practical skills and knowledge in a safe and controlled environment.

Unit 1: Introduction to Surgical Skills (3 hours)

- Importance of basic surgical skills
- Surgical instruments and their uses
- Basic principles of aseptic technique
- Introduction to surgical safety protocols

Unit 2: Sterile Technique and Infection Control (2 hours)

- Understanding the principles of asepsis
- Hand hygiene and glove donning
- Maintaining a sterile field
- Preventing surgical site infections
- Sterilization and disinfection procedures

Unit 3: Knot Tying and Suturing (3 hours)

- Types of surgical knots
- Techniques for tying surgical knots.
- Basic suturing techniques (interrupted, continuous)
- Suture materials and needle selection
- Hands-on practice with knot tying and suturing.



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Unit 4: Wound Care and Dressing Changes (2 hours)

- Principles of wound healing
- Proper wound assessment
- Techniques for wound cleaning and debridement
- Dressing selection and application
- Hands-on practice with wound care and dressing changes

Unit 5: Surgical Instruments and Equipment (2 hours)

- Detailed exploration of surgical instruments
- Understanding and using surgical drapes
- Electrosurgical equipment and cautery devices
- Basics of operating room setup
- Safe handling and maintenance of surgical tools

Unit 6: Surgical Site Marking and Patient Safety (2 hours)

- The importance of surgical site marking
- Verifying patient identity and surgical site
- Time-out procedures and safety checks
- Prevention of wrong-site surgery
- Case studies and group discussions on patient safety

Unit 7: Surgical Procedures Overview (2 hours)

- Introduction to common surgical procedures
- Review of surgical anatomy
- Understanding surgical steps and techniques
- Patient positioning and draping
- Video demonstrations of basic surgical procedures

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Women Self Defense Training Programme Syllabus

With effect from 2019-20

Objective:

This 15-hour program covers the essentials of women's self-defense and provides participants with both physical and mental tools to enhance their personal safety. It's important to emphasize the importance of prevention, awareness, and non-violent resolution throughout the course. Ensure that qualified instructors are present to teach the practical aspects of self-defense and that participants have a safe and supportive environment to practice their skills.

Unit 1: Introduction and Mindset (2 hours)

- Overview of the course
- The importance of self-defense for women
- Building self-confidence and situational awareness
- Developing a self-defense mindset

Unit 2: Basic Physical Techniques (2 hours)

- Body stance and balance
- Basic strikes (e.g., palm heel strikes, knee strikes)
- Blocking and parrying techniques
- Effective use of elbows and knees

Unit 3: Escapes and Releases (2 hours)

- Escaping from common grabs and holds
- Breaking free from bear hugs and chokes
- Self-defense against hair pulls and clothing grabs

Unit 4: Ground Defense (2 hours)

- Basics of ground defense techniques
- Escaping from pins and holds on the ground
- Defending against ground strikes



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Unit 5: Verbal and Non-Physical Self-Defense (1.5 hours)

- De-escalation techniques
- Using assertive communication
- Setting boundaries and maintaining personal space

Unit 6: Defense Against Common Attacks (2 hours)

- Defense against various types of strikes (punches and kicks)
- Counterattacks for self-defense
- Defense against knife attacks

Unit 7: Scenario-Based Training (2.5 hours)

- Practical application of learned techniques in real-life scenarios
- Role-playing and simulation exercises
- Strategies for handling multiple attackers

Unit 8: Legal Aspects, Support, and Graduation (2 hours)

- Understanding self-defense laws and when to use force
- Post-incident care and emotional support
- Review of key concepts and techniques
- Graduation and certification

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Training Programme on Geriatric care during Covid -19 Syllabus

With effect from 2020-21

Objective:

The syllabus covers essential topics related to COVID-19 geriatric care, including infection control, assessment and monitoring, treatment, ethical considerations, psychological support, patient safety, and community resources. It's essential to stay updated with the latest information on COVID-19 guidelines and treatments.

Unit 1: Introduction to COVID-19 and Geriatric Care (1.5 hours)

- Overview of COVID-19
- The impact of COVID-19 on geriatric patients
- Importance of geriatric care during the pandemic

Unit 2: Infection Control and Prevention (1.5 hours)

- Basic infection control measures
- Personal protective equipment (PPE) use and safety
- Preventing COVID-19 transmission in healthcare settings

Unit 3: Assessment and Monitoring (1.5 hours)

- Common symptoms in geriatric COVID-19 patients
- Vital signs monitoring
- Mental health assessment in elderly patients

Unit 4: Treatment and Medications (1.5 hours)

- COVID-19 treatment options for geriatric patients
- Medications and their potential side effects
- Managing chronic conditions during COVID-19



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Unit 5: Ethical Considerations (1.5 hours)

- Ethical dilemmas in geriatric care during a pandemic
- Decision-making and end-of-life care
- Communicating with families and patients

Unit 6: Psychological and Emotional Support (1.5 hours)

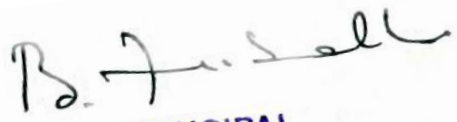
- Recognizing and addressing mental health challenges
- Strategies for reducing stress and anxiety
- Providing emotional support to patients

Unit 7: Patient Safety and Falls Prevention (3 hours)

- Reducing fall risks in the elderly
- Safe patient handling techniques
- Minimizing healthcare-associated infections

Unit 8: Community Resources and Post-COVID Care (3 hours)

- Local resources for geriatric patients
- Transitioning patients back to their homes
- Post-COVID care and rehabilitation


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Value Added Programme of Forensic Nursing Syllabus

With effect from 2021-22

Description:

This course introduces the field of forensic nursing, focusing on the intersection of healthcare and the legal system. Students will learn about the role of forensic nurses, the collection and preservation of evidence, and how to provide care to victims of violence and abuse.

Unit 1: Introduction to Forensic Nursing (2 hours)

- Definition and history of forensic nursing
- Roles and responsibilities of forensic nurses
- The multidisciplinary approach in forensic nursing

Unit 2: Evidence Collection and Preservation (2 hours)

- Principles of evidence collection
- Chain of custody and maintaining the integrity of evidence
- Practical exercises in evidence collection

Unit 3: Care for Victims of Violence (2 hours)

- Recognizing and assessing signs of abuse and violence
- Providing compassionate care to victims
- Reporting and documenting injuries

Unit 4: Sexual Assault Forensics (2 hours)

- Understanding sexual assault evidence collection kits
- The forensic examination process
- Confidentiality and informed consent



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Unit 5: Forensic Nursing in Legal Settings (2 hours)

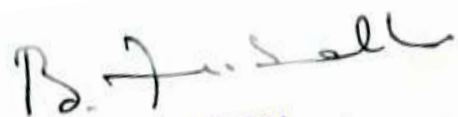
- Testifying as an expert witness
- Collaborating with law enforcement and attorneys
- Ethical considerations and professional boundaries

Unit 6: Child Abuse and Pediatric Forensic Nursing (2 hours)

- Recognizing child abuse and neglect
- The role of the forensic nurse in child protection
- Interviewing and examining pediatric patients

Unit 7: Intimate Partner Violence (IPV) (3 hours)

- IPV assessment and intervention
- Safety planning for IPV victims
- Resources and referrals for IPV victims


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Value Added Programme on Essentials of Restorative Care (ERC) Syllabus

With effect from 2021-22

Objective:

This course covers the fundamental principles and techniques of restorative care, focusing on enhancing the independence and quality of life of individuals with physical and cognitive limitations. Students will learn about assessment, goal setting, and the application of evidence-based strategies for restorative care.

Unit 1: Introduction to Restorative Care (3 hours)

- Definition and importance of restorative care
- Key principles and philosophy of restorative care
- Legal and ethical considerations in restorative care

Unit 2: Assessment and Goal Setting (3 hours)

- Comprehensive assessment techniques
- Setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals
- Case studies and practical exercises in assessment and goal setting

Unit 3: Physical Restorative Care (3 hours)

- Techniques for enhancing mobility and strength
- Safe transfers and ambulation
- Assistive devices and adaptive equipment
- Case studies and hands-on practice

Unit 4: Cognitive Restorative Care (3 hours)

- Strategies for cognitive rehabilitation
- Memory enhancement techniques
- Communication and problem-solving skills development
- Role-playing and case scenarios



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Unit 5: Emotional and Social Well-being (3 hours)

- Addressing emotional and psychosocial needs
- Promoting social engagement and participation
- Coping with emotional challenges
- Group activities and discussions

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