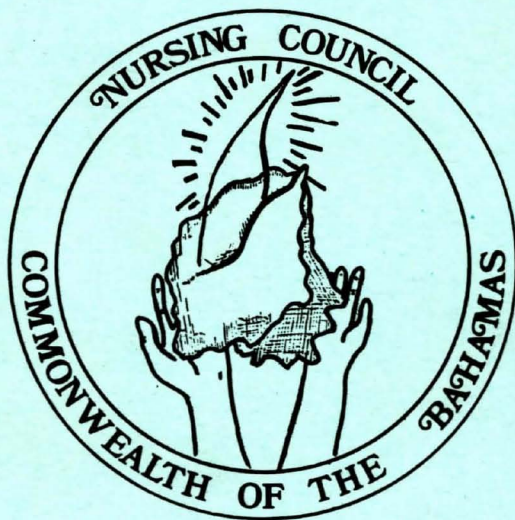


COMMONWEALTH OF BAHAMAS

THE NURSING COUNCIL

Nurses and Midwives Act 1971



SYLLABUS OF SUBJECTS FOR EXAMINATION

FOR

THE CERTIFICATE OF REGISTRATION

GENERAL NURSING

1974

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INTRODUCTION TO NURSING LEGISLATION

It was in May 1971, with the repeal of the Midwives ordinances of 1936, that the Nurses and Midwives Act 1971, was passed. This enactment was the statutory instrument to regulate the education and practice of Nurses and Midwives in The Commonwealth of The Bahama Islands.

The Nursing Council came into being with the official appointment of the Council in January of 1972 by the Minister of Health. The Council is responsible to the Minister of Health for the implementation of the Act, which gives wide powers related to the control and regulation of Nursing. All practising Nurses and Midwives are obligated to register with the Nursing Council or be liable for prosecution. All practising Trained Clinical Nurses are statutorily obligated to enroll. The Education and training of Nurses in all aspects are under control of the Nursing Council and all students entering a Nurse Education Programme are required to be indexed.

Rules and Regulations for Nursing Students

1. Nursing Students undergoing an approved education or training programme must apply to have their names entered in the Index of Nursing Students.
2. No person shall be accepted as a nursing student unless she has obtained the age of seventeen years.
3. The names of an applicant cannot be entered upon the index, until she has attained the age of 17 years.
4. The council required the submission of evidence of age, evidence of educational achievements, dates of commencement of training in order that the name of the Nursing student may be recorded in the index.
5. Notification of discontinuation of training must be reported to the Council.
6. Sickness in excess of 21 days during the three years must be made up before the student is eligible to take the Examination for Registration unless:

- (a) She has received training as a nursing student for a period of not less than three years and completed her course of training.
- (b) She is honest and of good moral character.
- (c) She has deposited with the Registrar, a certificate from the approved training institution in which she received her training to the effect that she has satisfied the requirements of (a) or (b).

Geographical Considerations

The Commonwealth of The Bahama Islands consist of an archipeligo of two hundred islands and cays, covering an area of 4,500 square miles. The population of approximately 250,000 inhabit twenty-one of these large islands. The bulk of the population, is contained in the capital, New Providence, an island 21 miles long and 7 miles wide. The balance of the population is distributed among the Family Islands are separated from each other by water and the land masses further subdivided by water, so that transportation on one island presents difficulties in communication and travel with settlements on the same Island.

Health services are minimum in many of these Family Islands. There may be a Health Centre with a doctor and nurses in residence or . . . more common a Government Clinic and Government Nurse midwife in residence. The Registered Nurse in these circumstances must meet the medical needs of the population of these areas, and where the need is urgent or an emergency exists, arrangements must be made to transport the patients by Emergency Flight into New Providence.

These Islands also lie in the hurricane belt, with which disaster along with other natural or chemical disaster must be dealt with by the nurse who will lead the medical team, until help arrives.

The geographical and social problems of The Bahamas are reflected in the preparation of the nurse to function primarily in this community and the world at large.

The Role of The Registered Nurse – Commonwealth of The Bahamas

1. To plan and give comprehensive nursing care to individuals, families and communities.

2. To perform the necessary nursing functions which will assist in diagnostic, therapeutic and supportive measures.
3. To interpret health measures to the individual, his family and the community, utilising available resources in order to assist the individual in the maintenance of health and continued care.
4. Is aware of the necessity for continuous self-evaluation and assumes responsibility for personal and professional development.
5. To recognise, identify and evaluate individual needs and nursing problems based on scientific principles and their application.

Philosophy of Nursing:

We believe that:

1. Nursing is a service to humanity.
2. The nurse's aim is to serve the individual and society regardless of race, creed, colour or political beliefs.
3. The service encompasses all health needs and is not restricted to the sick in mind or body, therefore, the practice of nursing is the physical, social emotional and spiritual care of the ill and the preservation of health. Thus comprising preventive, supportive, curative and rehabilitative nursing care.
4. The practice of nursing must be flexible and adaptable to meet changes in the Community.

The Definition of a Nurse:

The nurse is a person who has completed a programme of basic nursing education, and is qualified and authorised in her country to supply the most responsible service of a nursing nature for the promotion of health, the prevention of illness and the care of the sick.

She/he is one who recognises and understands the fundamentals health needs of the individual and knows how these needs can best be met.

She/he possess a body of scientific knowledge which is based upon and keeps pace with general scientific advancement and applies this knowledge in meeting the nursing needs of the individual and the community.

She/he possess discriminative judgement which enables her to recognise nursing activities from those activities of other professional or non-professional groups.

SYLLABUS

PREFACE:

This syllabus sets out in broad terms the subjects to be studied during preparation for Registration in the General part of the Register maintained by the Nursing Council, Commonwealth of the Bahamas.

The implementation of this syllabus may be carried out by arranging the broad areas around the selected "Care" of the curriculum. The three main sections are:

1. Principles and Practice of Nursing.
 2. The Human Individual and his Environment.
 3. The causation, nature, prevention, and treatment of disease.
- The above aspects must be interrelated when possible and taught concurrently during the three years.

The nursing student must be actively involved in the learning operation in the school and in the clinical area. Learning experiences should be selected and planned in series, to enhance the understanding of the theoretical concepts learned by the student.

Knowledge from the physical, biological and social services must play an integral part in the nursing programme. Use of the problem, solving technique, illustrates clearly the need for the "integrated" approach, when the problem calls for the use of various fields of knowledge, various ways of facing a situation and various methods of work.

Knowledge from the social and behavioural science is necessary in order that the student is aware of the influence of socio-economic and cultural factors upon the Community. This would include the health services, Governmental and Voluntary Organisation. An important "beginning" role of the nursing student is that of a health educator, promoting in the Community a state of physical and mental well-being.

Included in the syllabus is a section on "Profession of Nursing" in which preparation for leadership involves Communication, and Principles of Management, to prepare the nurse for her leadership role. The section on Emergency and Disaster Nursing, Related Techniques and Procedure aim to meet the special needs of this Community.

Learning experiences must be planned to take place in recognised educational institutions, and the community, including the Family Islands.

SECTION 1. PRINCIPLES AND PRACTICE OF NURSING

1. Fundamentals of Nursing

(a) THE CONCEPT OF HEALTH OR WELLNESS

1. Wellness as influenced by the individual's socio-economic, cultural and hereditary background.
2. The Nurses' Role in maintaining wellness.
3. Community Health Problems, Community Health Agencies.

(b) ORIENTATION TO HOSPITAL AND AGENCIES

1. The Therapeutic Environment.
2. The plan of the hospital and work of various departments.
3. The patient's records --- kardex.
4. The Nursing Process.

(c) THE INDIVIDUAL IN HOSPITAL

Illness, the patient and family, concept of patient's needs, classification of needs, physical needs, psychological needs, spiritual needs, social needs.

1. **Physical Needs:** for: oxygen, food and water, elimination exercise, rest and sleep, protection from the environment, co-ordination of its processes and its result.

2. **Psychological Needs:** for: affection, security, acceptance, sympathetic understanding.
3. **Spiritual Needs:** for: respect of beliefs, support for religious practice.
4. **Social Needs:** for: social and diversional activities.

(d) MEETING THE NEEDS OF PATIENTS IN HOSPITAL

Admission to Hospital -- Hygiene and comfort needs, nutritional needs including oxygen needs, fluid balance etc; Provision of a safe environment, the need for exercise, rest and sleep; Concepts of maintenance of homeostasis, Specific observational skills, Interpersonal relations, roles, legal responsibility; Supplementary nursing functions.

Frustration of Needs -- Problem -- solving approaches. General -- problems of care of patients who have wounds, fevers, constipation, and diarrhoea, Anorexia, nausea or vomiting, urinary problems, pain fluid and Electrolyte problems as well as the terminally ill patients.

MATERNAL AND CHILD HEALTH NURSING

1. **Perspectives in maternal and child health in The Bahamas;** Population, ecology and reproduction, statistics, cultural, environmental and social factors that influence the family unit.
2. **Maternal Health:** Pregnancy and reproductive cycle, physical psychosocial consideration, Ante-natal, Natal and Post-natal care, Disorders of menstruation, pregnancy, Puerperium, Menopause; Disorders, displacements and disorders of the female genital tract.
3. **Infant and Child Health:** Care of the infant at birth and various stages; Infants with special needs; Growth development and health supervision; Factors influencing emotional, mental and physical development from birth to adolescence (ages and stages). Principles of nursing care for infants and children. (Medical-Surgical nursing of the paediatric patient to be included with adults).

MEDICAL-SURGICAL NURSING

In this section individual care is given to the patients, specific to the Medical-Surgical disorder. Principles of Medicine and Surgery are applied, related to the nursing care of these patients. Those diseases entities common to the Bahamas are emphasised, initially, followed by those which are less common.

Supportive and Therapeutic modalities common to medical and surgical conditions; Illness as a human experience;
The patient with a surgical problem, Principles and practice of rehabilitation; Cancer Nursing, Patients with conditions of the Respiratory Tract and Thoracic conditions; The patient with haematological disorders; Patients with cardio-vascular disorders; Patients with digestive disorders; Patients with conditions involving the kidneys, Urinary Tract and the Reproductive System; Patients with problems of the Integumentary System; Patients with allergic disorders; Patients with Endocrine and metabolic disorders. Nursing in conditions of the Eye, Ear, Nose and Throat. Patients with problems affecting the Nervous System; Nursing in Musculoskeletal conditions; The patient with problems due to Alcoholism.

PSYCHIATRIC NURSING

1. **Introduction:** Communication skills; group dynamics; group therapy; observation, recording and reporting; Cultural conditions, Voodoo, obeah.
2. **Human Behaviour and Development:** Development of the Individual. Structure of the psyche; mental mechanisms; Theories of personality development.
3. **Principles and Practice of Psychiatric Nursing:** Interpersonal relationships and effective communication; The promotion of a therapeutic environment; Patterns of patients disorders with special emphasis on Addiction, Alcohol and Drug, Psychiatric treatment; The role of the Nurse in the Psychiatric Team.

4. **New Approaches to Mental Illness in the Community:** Day hospitals, Half-way houses; Sheltered workshops; Mental hygiene functions of the Nurse; Factors that create stress; Community mental health programmes in The Bahamas.

COMMUNITY HEALTH NURSING

1. **Foundations of Community Nursing:** Forces that influence human behaviour; Communication and personal relations. Interviewing and Counselling, Principles of teaching; Leadership and community organisations; Epidemiology and the essentials of investigative methods of study; The team in community nursing.
2. **The Nurse as a Family Health Worker in the Community:** Structure, composition, relationships of families; Evaluating health status of families; Analysis of health needs of individual family members; Community structure for health; The team approach to meeting the health needs of families.
3. **Responsibilities for the Maintenance of Family Health:** Town planning, housing; Sanitation, Water Supplies; Fire protection and other safety measures; Education; Community Health Services.

THE PROFESSION OF NURSING

Development of Nursing -- Past, present, and future; The History of Nursing with special reference to The Bahamas; Professional adjustments; Health and Nursing Legislation; Nursing educational programmes; Learning and working as a nursing student; Career opportunities; Ethics for nursing; A philosophy of Nursing; Interpersonal relations; Communication -- Communication skills and techniques, principles of teaching; Working in a team -- Leadership; Legal aspect of nursing practice; Official Nurses Organisations -- Local, national, regional, and international; Management for better patient care; Parliamentary procedures; English -- a study of language, use of words as a means of communication; expression of ideas, values, emotions through words, and how these change with the times etc.; Stress is placed on the use of English.

THE STUDY OF MAN AND HIS ENVIRONMENT

1. **Man as a social animal** -- Sociology: Scope and methods of sociology; Definition and meaning of sociology; Man in society; Methods of study used by sociologists; Related fields; Social interaction and the individual; Patterns of interaction.
2. **Social stratification and social behaviour**: Social structure and social behaviour; role of culture and its influence on behaviour, folkways, ways, moves, institutions, social groups -- social control and social deviation.
3. **Culture and Personality**: Nature of personality; theories of personality; role of culture in personality development; determinates of personality structure; Measures of personality; Value systems effects and interpretation.
4. **Social Institutions**: Nature of social institutions; The Family in Bahamian society, forms of family organization -- forces influencing the family life; Religion, Education, Economics, Government, the Step-Parents and the Family Role.
5. **Social Problems**: The nature of social problems; Social problems and personal values; Resolution of social problems; Population and social problems.

MAN AND HIS BEHAVIOUR -- PSYCHOLOGY

1. **Human Motivation**: Man and his basic needs; Psychological needs as determinates of behaviour; Nature of motivation; unconscious motivation; Attitudes, Environmental stimulation.
2. **Environment and Human Behaviour**: Definition and objectives of psychology; Nature of behaviour; Concepts of life; Human behaviour as learned through culture; Major environmental influences; self-concept; Behaviour and the process of learning.

- 3.. **Perception and Learning:** The process of attending and perceiving; Learning and remembering; Thinking; Adaptive behaviour; Intelligence; Measurement of intelligence and special abilities; Uses and limitations.
4. **Personality:** Stages of personality development, childhood, adolescence, adulthood, old age; Meaning of personality, self concept, mental mechanisms, Assessment of personality, Personality disorders.
5. **Group Dynamics:** Group processes; group morale and leadership.

SECTION II THE STUDY OF MAN AND HIS ENVIRONMENT

A. THE HEALTH OF THE PEOPLE OF THE COMMONWEALTH OF THE BAHAMAS.

1. **Demographic and geographical considerations regarding the planning of health services.**
2. **Population growth -- vital statistics, immigration policies and movement.**

B. ECONOMIC AND SOCIAL FACTORS INFLUENCING HEALTH:

1. **Limited exploitation of natural resources re-agriculture, water power.**
2. **Housing problems.**
3. **Working mothers.**

C. HEALTH SERVICES -- COMMONWEALTH OF THE BAHAMAS.

1. **Environmental factors that have influenced health.**
2. **Common health problems.**
3. **Organisation of the health services.**

MAN AS AN INDIVIDUAL

(The Biology of Man)

The study of the structure and function of the human body. (Study of structure to be correlated with function) Laboratory work and demonstration to be utilised where relevant.

Cells and tissues -- Form and Movement. Coordination as it relates to the nervous system, chemical, Hormonal -- Feedback.

Nutrition and energy; Food as a source of energy and materials for growth normal nutritional -- Internal transport. Homeostatic mechanisms, Regulation of body fluids, including the function of the urinary system. Structure and functions of the liver.

Defence of the Body -- skin and R. E. system; Reproduction and Heredity outline of growth and development.

MAN AND HIS ENVIRONMENT

Relations with other Organism (Microbiology and Communal Health)

- a) The multiplicity of life; dependency on plants.
- b) Viruses: Their nature, and methods of spread.
- c) Bacteria: Pathogenic and non pathogenic diseases spread by food and water and their prevention.
- d) Immunity: Immunity as related to small pox, diptheria, tuberculosis effect on endemic and epidemic disease.
- e) Fungi: Fungi in the destruction of organic matter such as food source of antibiotics, and cause of diseases.
- f) Parasites Infestation Man's position as host in the life cycle of diseases due to infestations by roundworms, tape-worms, lice. Other organisms in parasitic life cycles -- malaria and typhoid.

- g) **Food and Water** -- Hygienic preparation and storage. Water, preparation, distribution and storage. Common water borne diseases, water pollution.

SECTION III - CAUSATION, NATURE AND PREVENTION OF DISEASES AND TREATMENT.

Nature and Cause of Disease: (Pathophysiology)

Congenital abnormalities.

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

Endocrine disorders.

Emotional stresses.

Trauma -- type of injury and processes of healing.

Inflammation, symptoms and signs -- local and general affects, and results. Allergy and immune response.

Infection -- types of organisms and methods of spread of infection, reaction.

New growth; types and characteristics.

Degenerations.

Poisons.

Undetermined origin.

These are general headings which set out broadly the application of the nature and cure of disease to 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.

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

Applied anatomy and physiology.

Definition.

Pathology.

Aetiology.

Clinical features.

Diagnosis.

Treatment: First Aid where appropriate
Medical and/or surgical aspects.
Drug therapy
Dietary measures
Nursing care.
Socio-Economic factors
Rehabilitation/Prognosis
Complications
Prevention.

Maintenance of Health and prevention of disease

Factors and personnel contributing to the maintenance of health including health education.

Factors contributing to the breakdown in health.

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

Treatment of Disease

DISASTER AND EMERGENCY NURSING

Basic knowledge of First Aid, Principles of Medico-Surgical Nursing should be completed.

Part I The Nature of Disaster and Emergencies

The threat of Disaster; Thermonuclear Disaster; the nature of nuclear, Biological and Chemical Warfare; Some Characteristics of Disaster; Readiness for Disaster; Organisation of Civil Defence and its medical facilities; Emergency Admission to Hospital; Principles of Emergency and Disaster Nursing; Improvising for people, supplies and equipment.

Part II Nursing Considerations in Medical Emergencies and Injuries

Emergency measures in shock and haemorrhage; Wounds; Injuries resulting from excessive heat and cold; Skeletal Injuries; Poisons; Common Emergencies of the Digestive System; Respiratory and Cardiac Embarrassment, Psychological First Aid, Radiation Injuries, Emergency Childbirth.

Part III Health and Welfare Services in Disaster Areas

Health Services for the non-injured dislocated population, Establishing reception centres for the dislocated population, Prevention of Epidemic following disasters.

Part IV Principles of rights and duties of nurses -- Geneva Convention.