



# **Certificate in Maternal and Child Health Nursing (CMCHN)**

**ASSIGNMENTS  
2016**



**School of Health Sciences  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi – 110068**

**IGNOU**

Dear Students,

There are two assignments in total and all these assignments are compulsory. Please note that you are required to score 50 % marks in each assignment separately. The assignments carry a weightage of 30 % marks towards the final evaluation in theory component and submission of related assignments is a pre-requisite for appearing in Theory Term End Examination for respective course. The subject area of assignments and its last date of submission are mentioned below:

Last Date of Submission	Course Code	Blocks Involved	Assignment Code
<b>January session</b>			
March 15 <sup>th</sup> 2016	BNS – 017	1,2,3,4,5,6	BNS – 017 / TMA-I/2016
April 15 <sup>th</sup> 2016	BNS – 018	1,2,3,4,5	BNS – 018 / TMA-I/2016
<b>July session</b>			
September 15 <sup>th</sup> 2016	BNS – 017	1,2,3,4,5,6	BNS – 017 / TMA-I/2016
October 15 <sup>th</sup> 2016	BNS – 018	1,2,3,4,5	BNS – 018 / TMA-I/2016

Please take note of the following points before writing your assignments:

- Use only foolscap size paper for writing your responses. Only handwritten assignments will be accepted. Typed or printed copies of assignments will not be accepted.
- Tie all the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

**Suggestion for writing an assignment:**

Read the assignment carefully. Scan through whole material of the course, answer may be linked within the blocks /units. Draw a rough outline of your answer in your own words. Support your answer from your clinical / community experience. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary .**You may keep a Xerox copy of the assignments for future reference. Do not copy from print material.**

Answer each assignment in separate sheets. On the first page of the assignment response sheets, write the **Course Code, Course Title, Assignment Code, Name of your Programme Study Center (PSC) and date of submission. Your Enrollment No., Name and full address** should be mentioned in the top right corner of the first page. The first page of your assignments response sheet should look like the format given below:

Course Code	: .....	Roll No:	.....
Course title	: .....	Name :	.....
Assignment Code	: .....	Address:	.....
PSC	: .....		.....
Date of Submission:	.....		.....

**Please submit the assignments to the Programme In Charge of the Programme Study Centre Alloted to you.**

**Community Health Management  
Assignment- 1 (Block 1-6) (Tutor Marked)**

**Programme Code: CMCHN  
Course Code: BNS – 017  
Assignment Code: BNS – 017/TMA –1/ 2016  
Maximum Marks: 100**

**Note: This Assignment has three parts – Part A, B and C**

Part A consists of two long answer questions. Each question carries 15 marks.

Part B consists of six short answer questions. Each question carries 10 marks.

Part C consists of four objective type questions. Each question carries 2½ marks.

**Part A**

1. a) Describe the determinants of health.  
b) Discuss the essentials of optimum health.  
c) Explain the concept of disease causation.

(6+6+3=15)

2. a) Explain the meaning of a work plan.  
b) Discuss the steps involved in developing a work plan.  
c) Describe the guidelines you as a community health nurse will follow in preparation of a work plan at your sub-centre.  
d) Explain the methods of participatory learning for action.

(2+3+3+7=15)

**Part B**

3. a) Explain the principles of Primary Health Care.  
b) Describe the health infrastructure at Primary Health Care level.  

(5+5=10)
4. a) Explain the principles of training.  
b) Discuss the importance of training the traditional birth attendants.  
c) Describe the steps you will follow in planning and conducting training programme for traditional birth attendants.  

(2+3+5=10)
5. a) Explain the Elements of communication.  
b) Describe the various barriers to communication.  

(5+5=10)
6. a) List the purposes of community assessment.  
b) Describe the steps you will as a community health nurse follow for performing community assessment .  

(3+7=10)

7. a) List the activities you are expected to perform in a Well Baby Clinic.  
 b) Describe the steps for conducting an immunization session in the clinic and out reach immunization session. (2+8=10)
8. a) Describe the factors that contribute to effective management.  
 b) Discuss the various leadership styles that you will follow as a nurse manager in the area of your work.  
 c) Describe the characteristics of an effective leader. (1+3+6 = 10)

### Part C

9. Place tick mark (✓) against the most appropriate answer given under each statement. (½ × 5 = 2½)
- a) Budgeting aims at:  
 i) Financial planning and decision making  
 ii) Giving feedback for actual expenditure  
 iii) Allocating budget to various activities  
 iv) Financial planning, decision making and giving feedback for actual expenditure
- b) The urban areas of district are organized in self government institution on the basis of:  
 i) Size of population  
 ii) Number of PHCs in a district  
 iii) Number of CHCs in a district  
 iv) Geographical area of district
- c) The most common approach to conflict resolution is:  
 i) Counselling  
 ii) Smoothing  
 iii) Compromise  
 iv) Co-operation
- d) Secondary prevention means:  
 i) Action taken during pathogenesis period  
 ii) Action taken before occurrence of the diseases  
 iii) Action taken before and after occurrence of disease  
 iv) Action taken during, before and after occurrence of the diseases
- e) Process of activating large group of people in a given community to participate in a activity or event is called as:  
 i) Social mobility  
 ii) Social mobilization  
 iii) Social acceptance and approval  
 iv) Spontaneous mobilization
10. Match the statements given in column A with the terms given in column B (½ × 5 = 2½)

**Column A**

**Column B**

- |                                                                     |                          |
|---------------------------------------------------------------------|--------------------------|
| a) Determines time and quantity of items to be procured             | i) Immunization          |
| b) Sharing of opinion, ideas and information                        | ii) Health promotion     |
| c) Essential Health Care                                            | iii) IEC                 |
| d) Biological, physical and chemical factors that may cause disease | iv) Agent                |
| e) Alma Atta declaration                                            | v) Material Management   |
|                                                                     | vi) 1978                 |
|                                                                     | vii) Primary Health Care |
|                                                                     | viii) Health education   |
|                                                                     | ix) Inventory Control    |

11. Fill in the blanks ( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

- a) ASHA stands for .....
- b) .....awareness is the first key to successful health campaign.
- c) Life style refers to the ..... of people.
- d) The urban areas of district are organized in self government institution on the basis of .....
- e) The social mobilizers should have .....and emotional strength.

12. Write 'T' if you consider the statement as true and 'F' if the statement is false. ( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

- a) The customs, belief and religious attitude can pose a great barrier to Communication. (T/F)
- b) According to biomedical concept, health is viewed as freedom from disease. (T/F)
- c) Endemic disease is regularly found among people or in an area of a region. (T/F)
- d) National Rural Health Mission was started in 2004. (T/F)
- e) It is difficult to control facial expressions. (T/F)

**REPRODUCTIVE AND CHILD HEALTH**  
**Assignment (Block 1-5) (Tutor Marked)**

**Programme Code: CMCHN**  
**Course Code: BNS – 018**  
**Assignment Code: BNS – 018/TMA – 2016**  
**Maximum Marks: 100**

**Note:**

**This Assignment has three parts – Part A, B and C**

Part A consists of two long answer questions. Each question carries 15 marks.

Part B consists of six short answer questions. Each question carries 10 marks.

Part C consists of four objective type questions. Each question carries 2½ marks.

**Part A**

1. a) Describe the term Reproductive tract infections and sexually transmitted diseases.  
b) Explain the causes of sexually transmitted diseases.  
c) Describe the measures you will take to prevent sexually transmitted disease.  
(2+3+10=15)
2. a) Describe the stages of labour.  
b) Discuss the nursing management of a mother during first stage of labour.  
c) Explain the components of postnatal care.  
d) State the problems of puerperium.  
(2+5+5+3=15)

**Part B**

3. Discuss the causes, signs, symptoms and management of deficiency diseases caused by following nutrition: (5+5=10)
  - i) Protein and iron deficiency
  - ii) Vitamin B and Vitamin C deficiency.
4. Describe the following: (5+5=10)
  - a) Physiology of conception.
  - b) Probable signs of pregnancy.
5. Discuss the prevention of Sexually Transmitted Diseases. (10)
6. a) Discuss the routine care of the normal newborn baby.  
b) List the problems of Low Birth Weight Baby. (8+2= 10)
7. Discuss the social status of women in India. (10)

8. Explain how you will manage a child with following problems.

(2×5=10)

- i) Drowning
- ii) Falls
- iii) Lacerations
- iv) Foreign Body in ear
- v) Poisoning

### Part C

9. Place tick mark (✓) against the most appropriate answer given under each statement.

( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

i) Enlargement of Lymph nodes in Neck is the characteristic feature of :

- a. Mumps
- b. German Measles
- c. Lock -Jaw
- d. Pertussis

ii) All of the following are pre-conditions for fertility except:

- a. Fertilization
- b. Production of Ovum
- c. Healthy Hormonal System
- d. Poor Diet

iii) In urinary infection, mother will complain of :

- a. Lower abdominal Pain
- b. Swelling
- c. Frequent Urination
- d. Sleeplessness

iv) Lochia Rubra is :

- a. Brown in colour
- b. White in colour
- c. Red in colour
- d. Acidic in nature

v) Needs of School Age child are :

- a. Supervision and Vigilance
- b. Appreciation and Praise
- c. Moral Education
- d. Discipline and Scolding

10. Match the statements given in column A with the terms given in column B ( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

<b>Column A</b>	<b>Column B</b>
a) Worm Infestation	i) Consultative Process
b) Soreness of lips, nose and tongue	ii) Vaccinus
c) Discussion of ANM with Panchayat Health Committee	iii) Anterior Lower Abdomen
d) Related to Cow	iv) Vitamin B2 Deficiency
e) False Pains	v) Dilate the Cervix
	vi) Pica

11. Fill in the blanks. ( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

- The time period between exposure to disease producing organism and the appearance of first symptom of disease is called.....
- Peak level of HCG is reached at about .....days from last menstrual period.
- HIV related malignancies are encountered with advancing .....
- Bleeding from the genital tract after 28<sup>th</sup> week of pregnancy and before the birth of the baby is called.....
- In hypothermia body temperature of newborn is below .....

12. Write 'T' if you consider the statement as true and 'F' if the statement is false.

( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

- Broad Ligament holds uterus in ante version. (T/F)
- Mother should take regular walks to avoid back ache during pregnancy. (T/F)
- Paracetamol syrup is used to counter the adverse reaction of tetanus toxoid. (T/F)
- Eclampsia is characterized by development of hypertension during pregnancy. (T/F)
- Applied nutrition programme was started in 1963. (T/F)