



The Nursing Council of Hong Kong

A Reference Guide to
the Syllabus of Subjects and Requirements
for the Preparation of Registered Nurse (General)
in the Hong Kong Special Administrative Region

(June 2016)

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I. PREAMBLE

The completion of the transition of nursing education to tertiary institutes in 2002 has denoted the success of the Hong Kong SAR in advancing nursing education to tertiary level in line with international development. To meet the new developments of the health care system and the evolving demands for a more diverse and high quality nursing service at the primary, secondary and tertiary levels of health care, there is a need to develop a new generation of Registered Nurses (RN) with enhanced professional competencies. Hence, the development of an enriched and expanded nursing curriculum is essential for the education of RNs. This new syllabus replaces the one published in 2009. It serves as an up-dated guide for curriculum development of pre-registration general nursing programmes. Upon completion of such programmes and having passed the examinations recognized by the Nursing Council of Hong Kong (NCHK), students are expected to have acquired the essential competencies for safe, effective and ethical practice, and will be eligible to apply for registration with the NCHK as a Registered Nurse (General) [RN (G)] in Hong Kong.

II. AIMS AND OBJECTIVES

To allow flexibility, creativity and adaptability in curriculum development, the syllabus is written in broad terms. It is intended to achieve the following aims and objectives:

AIMS: To serve as :

1. a reference frame for assessing the eligibility of nurses trained outside Hong Kong Special Administrative Region (HKSAR) for registration as a RN(G).
2. a reference base for accrediting general nursing education programmes.

OBJECTIVES:

1. State the nursing philosophy based on which the syllabus is developed.
2. Highlight the core components of nursing studies, including the theories and practice of professional nursing at the three levels of health care and in different health care specialties/settings; nursing management, research and professional development.
3. Specify the requirements for other related subjects in support of the nursing studies, such as communication, social and behavioral sciences, biological and integrated sciences as well as legal, ethical and cultural issues.
4. Suggest the number of hours for the different subjects, both in theory and in practice, and provide guidance on the form of assessments required.

III. PHILOSOPHY OF NURSING

This stated philosophy of nursing summarizes our beliefs in the nature and practice of professional nursing, as well as our views on the person, the environment and health. It provides a basis for the revision of the nursing syllabus that guides the development of education programmes for RN (G).

Nursing is a caring, enabling, knowledge-based and competence-assessed profession which is dynamic in meeting the changing health needs of the society. It is committed to promoting and maintaining health; as well as to caring for the sick and the disabled as individuals, or in families, groups, institutions, home settings and in the community.

The practice of nursing is client-focused and evidence-based. It is carried out at the primary, secondary and tertiary levels of health care. It functions through problem solving and collaboration with the client as well as other health care professionals to define and achieve mutually agreed health goals.

The provision of holistic, client-centred care requires research-based professional knowledge and skills through the implementation of the nursing process; the adoption of a caring and responsible attitude; effective communication and interpersonal skill as well as ethical principles. The quality of care is maintained through the enhancement of professional competencies via continuous nursing education.

The person is a unique, holistic being with the potential to learn and develop through interacting with the changing environment. Each person has intrinsic worth and has the right to participate in the decision-making which affects his/her own life and dignity, and must always be treated with respect.

The environment consists of external and internal components which change constantly and generate both positive and negative stressors. The internal environment of a person, comprising biological, psychological, spiritual and intellectual components, interacts with the external environment that encompasses social, cultural and situational influences. This continual interaction affects the person's functioning as an individual, as well as in families, groups and community. The creation, preservation and conservation of a healthy environment is crucial to the maintenance and promotion of health.

Health is a state of well-being, perceived differently by the individual at specific points in time along the health-illness continuum. It is affected by biological, psychological, socio-economical, developmental, political, cultural and religious factors. The level of well-being depends on the maintenance of equilibrium within the person, and between the person's interaction with the changing environment.

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IV. THEORETICAL REQUIREMENTS

Overview of Contact Hours¹ (Including Laboratory Hours)

Competence Area 1: Professional, legal and Ethical Nursing Practice		
Item	Topics	Minimum Hours
1A. <i>1A.1</i> <i>1A.2.</i> <i>1A.3.</i> <i>1A.4.</i> <i>1A.5.</i> <i>1A.6.</i>	General, Behavioural and Life Sciences Relevant to Nursing <i>Human Anatomy, Physiology and pathophysiology</i> <i>Sociology of Health</i> <i>Applied Psychology</i> <i>Fundamental Pharmacology</i> <i>Microbiology</i> <i>Nutrition and Dietetics</i>	320
1B. <i>1B.1.</i> <i>1B.2.</i>	Professional Nursing Practice <i>The Nursing Profession</i> Basic Nursing for Safe Practice: (Please refer to Appendix 1 for details.) I. The nursing process II. Essential nursing techniques in clinical setting for safe practice: 1. Provision of a safe and comfortable environment for care 2. Maintenance and promotion of occupational safety and health 3. Documentation and reporting of care 4. Helping the client meet the basic needs of living 5. Assisting the client to undertake diagnostic procedures 6. Administration of medications 7. Principles of First Aid 8. Infection Control III. Principle and practice of nursing: 1. Accident and emergency (A&E) nursing 2. Peri-operative nursing 3. Introduction to operating theatre techniques, intra-operative care and anaesthetic nursing 4. Medical and surgical nursing related to illness prevention and health restoration of clients with alteration in various body system functions across the life span 5. Rehabilitative nursing 6. Oncology nursing and palliative care 7. Paediatric and adolescent nursing 8. Obstetric nursing 9. Gerontological nursing 10. Mental health nursing 11. Community nursing 12. Chinese medicinal nursing and complementary and alternative medicine	712

¹ The term “contact hours” refers to the amount of time (in terms of hours) spent by a learner in direct contact with the teaching/training staff of a programme. It includes attendance in class, tutorials, nursing laboratory practice, conducting experiment in laboratory under supervision and supervised session in placement and workshop. For other modes of learning, the Nursing Council of Hong Kong will assess the individual case of merit in the light that there is structured content with learning outcomes, and has interaction and assessment components.

Competence Area 1: Professional, legal and Ethical Nursing Practice (Cont'd)		
Item	Topics	Minimum Hours
1C.	Legal & Ethical Issues	40
<i>1C.1.</i>	<i>Legal Aspects Pertinent to Nursing Practice</i>	
<i>1C.2.</i>	<i>Ethical Issues</i>	
1D.	Communication	20
1E.	Rights and Responsibilities of the Individual	(Included in 1A.2 and 1C.1)
1F.	Information Technology in Nursing and Health Care	20
Competence Area 2: Health Promotion and Health Education		
2A.	Education Theories and Methods	10
2B.	Concepts of Health, Health Education and Health Promotion	40
2C.	Communication	(Included in 1D)
2D.	Rights and Responsibilities of the Individual	(Included in 1E)
Competence Area 3: Management and Leadership		
3A.	Management Theories, Skills and Application	20
3B.	Leadership	5
3C.	Health Care Policies	15
Competence Area 4: Research		
4A.	Basic Knowledge in Conducting Research in Health Care Settings	40
4B.	Appraising and Utilizing Research Findings	
Competence Area 5: Personal Effectiveness and Professional Development		
5A.	Personal Effectiveness	(Included in 1A.3)
5B.	Profession Development	2
5C.	Establishing and Maintaining Nursing as a Profession	6
Total:		1,250

V. Clinical Practice Requirements

Clinical Areas		Minimum Practice Requirement (Hours)
1.	Medical Nursing For example: General Medicine, Dermatology, Infectious Diseases, Oncology Nursing and Palliative Care, Rehabilitation, Out-patient Department (OPD)	440
2.	Surgical Nursing For example: General Surgery, Day Surgery, Operating Theatre and Recovery Room, Cardiothoracic Surgery, Neuro-surgery, Gynaecology, Ear, Nose and Throat (ENT) Care, Ophthalmology Orthopaedics and Traumatology, Rehabilitation, OPD	330
3.	Paediatric and Adolescent Nursing For example: Paediatrics, Neonates, Adolescent Care, School Clinic	60
4.	Obstetric Nursing	60
5.	Gerontological Nursing	60
6.	Mental Health Nursing	60
7.	Community Nursing	60
8.	Primary Health Care	60
9.	Accident and Emergency Department	60
10.	<i>Any clinical area(s) among item 1 to item 9</i>	210
Total:		1400

Note 1: The above should include a period of continuous clinical practice of not less than 3 months.

Note 2: Clinical training for local nursing students can be conducted in the following health care institutions:

Category A: *Hospitals or medical institutions under the management of the Hospital Authority or private hospitals registered under the Hospitals, Nursing Homes and Maternity Homes Registration Ordinance (Cap. 165, Laws of Hong Kong), where in-patient care is provided (Not less than 70% of the total hours of clinical education).*

Category B: *Community settings where the provision of first level care is evident (Not more than 30% of the total hours of clinical education). Not more than one-tenth of this part of training may be conducted outside Hong Kong.*

Note 3: During the clinical practicum, there must be a system in place to assess students' clinical knowledge, skills, problem solving ability and professional attitudes. Evidence must be produced on the assessment of aseptic technique, administration of medications and professional nursing competencies.

Clinical Assessment Guidelines

1. Mode of Assessment

Continuing Clinical Assessment (CCA) is adopted to assess the clinical competency of the students. CCA is an on-going process of clinical assessment of the students over a period of time during their clinical placement. It consists of 5 components, including teaching, demonstration, practice, feedback and evaluation. The CCA should cover the following areas of assessment.

2. Areas of Assessment

2.1 Aseptic Technique

The student will be assessed on his/her competence in carrying out a nursing procedure on a client involving the use of aseptic technique. This can be any one of the following procedures:

- ✧ Wound dressing/ wound irrigation/ wound packing
- ✧ Pressure ulcer dressing
- ✧ Removal of drains
- ✧ Removal of stitches/clips
- ✧ Urinary catheterization
- ✧ Other procedures that require the application of the principles of asepsis

2.2 Administration of Medications

The students will be assessed on his/her competence in administering medications to his/her clients. This can be **either one** of the following:

- ✧ Administering oral medications to 6-8 clients:
 - Tablets/capsules/liquids/crushed tables, **or**
- ✧ Administering parenteral medication to 1-2 clients via any one of the following routes:
 - Intradermal
 - Subcutaneous
 - Intramuscular
 - Intravenous

2.3 Professional Nursing Competencies

The student will be assessed on his/her assessment techniques and application of the nursing process in providing total patient care. The key competencies assessed will include:

- ✧ Assessment
- ✧ Planning
- ✧ Intervention
- ✧ Evaluation
- ✧ Professional behaviour

3. Assessor

- 3.1 The role of the assessor is to act as the agent for the NCHK and he/she is responsible to certify whether the student is safe to practice in the selected areas of clinical situation.
- 3.2 Educational institutions will be responsible for the appointment of clinical assessors for the nursing programmes they organized.

Part VI.

Special Considerations

It is the responsibility of the training institution to ensure that their students fulfill the requirement of the Nursing Council of Hong Kong.

Special considerations will be given to a person if that person has already enrolled in Part I (General) of the enrolment of the Nursing Council of Hong Kong -

- (i) A maximum of 30% of the requirement on theoretical instruction for Registered Nurse training as stipulated in this syllabus can be exempted. The Guidelines on Exemption of Requirement on Theoretical Hour for Registered Nurse (General) training is at **Appendix 4**.
- (ii) A maximum of 200 hours on clinical practice requirement for Registered Nurse training as stipulated in this syllabus can be exempted on condition that he/she must have an aggregate of at least one year post-enrolment experience in providing basic nursing care in clinical settings before the commencement of such clinical practice.
- (iii) There should not be any exemption granted for the three clinical assessments required for Registered Nurse (General) training, namely aseptic technique, administration of medications and professional nursing competencies, for the need of upholding standard of the profession.

VII. APPENDICES

Essential Topics

Competence area 1: Professional, Legal and Ethical Nursing Practice		
Item	Topics	Minimum Hours*
1A.	General, Behavioural and Life Sciences Relevant to Nursing	320
1A.1.	<p><i>Human Anatomy and Human Physiology</i></p> <ul style="list-style-type: none"> ☞ Basic understanding of the human cell, organs and organelles ☞ The organization, structure, functions and interrelationship of the major body systems including: <ol style="list-style-type: none"> 1. Alimentary System 2. Cardiovascular and Lymphatic Systems 3. Dermatological System 4. Endocrine Systems 5. Genito-urinary System 6. Haematological System 7. Musculo-skeletal System 8. Neurological System 9. Ophthalmic System 10. Oto-rhino-laryngeal System 11. Reproductive System 12. Respiratory System 	(180)
1A.2.	<p><i>Sociology of Health</i></p> <ul style="list-style-type: none"> ☞ The changing social structure and the health care system ☞ The socio-economical, political and cultural impact on health beliefs and illness behaviours ☞ Stigmatization ☞ Professionalisation of health care providers ☞ Influence of technological advancement on health beliefs and illness behavior 	(40)
1A.3.	<p><i>Applied Psychology</i></p> <ul style="list-style-type: none"> ☞ Psychological development and maturation ☞ Basic concepts of psychosocial needs and potentialities of people throughout the life span ☞ Gender and sex-typing ☞ Introduction to the psychology of health ☞ Introduction to learning theories ☞ Perception ☞ Motivation ☞ Emotions ☞ Stress and coping ☞ Personality 	(40)

* Figures in bold and italics are the total hours for the subject, and those *in brackets are the breakdown of hours for reference only*

Competence area 1: Professional, Legal and Ethical Nursing Practice (Cont'd)		
Item	Topics	Minimum Hours*
1A.	General, Behavioural and Life Sciences Relevant to Nursing (Cont'd)	
1A.4.	<p><i>Fundamental Pharmacology</i></p> <ul style="list-style-type: none"> ☞ Basic concepts of pharmacokinetics ☞ Major drug classifications and drug effects ☞ Forms of medication and client care applications ☞ Safety in drug therapy and client care ☞ The related laws and ordinances <p>(For topics relating to calculating, measuring, administering medications and the related nursing care and responsibilities, please refer to Appendix 2 “Basic Nursing for Safe Practice”)</p>	(20)
1A.5.	<p><i>Microbiology</i></p> <ul style="list-style-type: none"> ☞ Introduction to Microbiology <ol style="list-style-type: none"> 1. Nature of micro-organisms 2. Classification and identification of micro-organisms 3. Structure and characteristics of micro-organisms, and bacterial pathogenicity 4. The chain of infection 5. Bacterial growth and physiology 6. Anti-microbial and anti-viral agents 7. Sterilization and disinfection ☞ Infection and Immunity <ol style="list-style-type: none"> 1. Innate and acquired immunity 2. Bacterial and viral pathogens and associated diseases 3. Fungal pathogens and parasitic infections 4. Prevention and control of communicable diseases in: <ul style="list-style-type: none"> - the community - clinical settings 	(30)
1A.6.	<p><i>Nutrition and Dietetics</i></p> <ul style="list-style-type: none"> ☞ Basic concepts about food and nutrients ☞ A balanced diet for growth and optimal health ☞ Therapeutic diets (to be included in the ‘therapeutic measures’ in <i>medical and surgical nursing in relation to illness prevention and health restoration of clients with alteration in various body system functions, Appendix 3</i>) ☞ Industrialization, urbanization and changes in food habits <p>Economics in the choice of food</p>	(10)

* Figures in bold and italics are the total hours for the subject, and those *in brackets are the breakdown of hours for reference only*

Competence area 1: Professional, Legal and Ethical Nursing Practice (Cont'd)		
Item	Topics	Minimum Hours*
1B.	Professional Nursing Practice	712
1B.1.	<p><i>The Nursing Profession</i></p> <ul style="list-style-type: none"> ☞ History of nursing ☞ Definition of nursing ☞ Philosophy of nursing ☞ Nursing theories and models ☞ Roles of the nurse ☞ Advanced practice ☞ Legal and ethical issues (Please refer to Item 1C for details.) 	(4)
1B.2.	<p><i>Basic Nursing for Safe Practice</i> (Please refer to Appendix 2 for details)</p> <p><i>I. The Nursing Process - A Problem Solving Approach</i></p> <p><i>II. Essential Nursing Techniques in Clinical Settings for Safe Practice:</i></p> <ol style="list-style-type: none"> 1. Provision of a safe and comfortable environment for care 2. Maintenance and promotion of occupational safety and health 3. Documentation and reporting of care 4. Helping the client to meet the basic needs of living 5. Assisting the client to undertake diagnostic procedures 6. Administration of medications 7. Principles of First Aid 8. Infection control 	(190) (Covering Parts I and II)

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Competence area 1: Professional, Legal and Ethical Nursing Practice (Cont'd)		
Item	Topics	Minimum Hours*
1B.	Professional Nursing Practice (cont'd)	
1B.2.	<i>Basic Nursing for Safe Practice (cont'd)</i>	
	<i>III. Principles and Practice of Nursing</i>	
	1. Accident and Emergency (A&E) Nursing	(4)
	2. Peri-operative Nursing and Anaesthetic Nursing	(8)
	3. Medical and Surgical Nursing in relation to illness prevention and health restoration of clients with alteration in various body system functions across the life span (Please refer to Appendix 3 for details)	(214)
	4. Rehabilitative Nursing	(16)
	5. Oncology Nursing and Palliative Care	(16)
	6. Paediatric and Adolescent Nursing	(50)
	7. Obstetric Nursing	(40)
	8. Gerontological Nursing	(30)
	9. Mental Health Nursing	(40)
	10. Public Health and Community nursing	(40)
	11. Communicable Diseases and Related Nursing	(20)
	12. Chinese Medicinal Nursing and Complementary and Alternative Medicine	(40)
	(Please refer to Appendix 2 for the essential contents of individual topics.)	

* Figures in bold and italics are the total hours for the subject, and those *in brackets are the breakdown of hours for reference only*

Competence area 1: Professional, Legal and Ethical Nursing Practice (Cont'd)

Item	Topics	Minimum Hours*
<p>1C.</p> <p><i>1C.1.</i></p>	<p>Legal & Ethical Issues</p> <p><i>Legal Aspects Pertinent to Nursing Practice</i></p> <ul style="list-style-type: none"> ☞ Background information <ol style="list-style-type: none"> 1. Introduction to the Hong Kong Legal System 2. Sources of laws 3. Classification of laws 4. Law of Tort: <ul style="list-style-type: none"> - assault, battery, false imprisonment, defamation and fraud ☞ Legal issues related to nursing practice <ol style="list-style-type: none"> 1. Duty of confidentiality 2. Integrity and accountability in relation to the client, public, profession and employer 3. Vicarious liability 4. Consent: <ul style="list-style-type: none"> - format and validity - for children, the mentally abnormal, the elderly and the unconscious 5. Discharge against medical advice 6. Witness 7. Negligence 8. Liability 9. Trespass ☞ Legislation <ol style="list-style-type: none"> 1. The Nurses' Registration Ordinance, Cap 164 2. Mental Health Ordinance related to daily practice 3. Personal Data (Privacy) Ordinance 4. Bribery Ordinance and the ICAC 5. Occupational Safety and Health Ordinance 6. Hospital By-laws 	<p>40</p> <p>(Covering <i>1C.1 & 1C.2</i>)</p>

* Figures in bold and italics are the total hours for the subject, and those *in brackets are the breakdown of hours for reference only*

Competence area 1: Professional, Legal and Ethical Nursing Practice (Cont'd)		
Item	Topics	Minimum Hours*
C.	Legal & Ethical Issues(cont'd)	
<i>1C.2.</i>	<i>Ethical Issues:</i>	
	<ul style="list-style-type: none"> ☞ Professional Conduct and Principles of Nursing Ethics <ol style="list-style-type: none"> 1. Characteristics of a profession 2. Personal value, social value and professional value 3. Autonomy 4. Equity 5. Informed consent 6. Beneficence, non-benevolence 7. Do no harm ☞ Professional Conduct and Contemporary Ethical Issues <ol style="list-style-type: none"> 1. Code of Practice: International Council of Nurses 2. Code of Professional Conduct and Professional Ethics: Nursing Council of Hong Kong 3. Withholding and withdrawing life-sustaining treatment 4. Organ donation and transplantation 5. Clinical research 6. Client advocacy ☞ Principles of Safe Practice <ol style="list-style-type: none"> 1. Risk prevention and management <ul style="list-style-type: none"> – Complaint management – Occupational Safety and Health 2. Evidence-based practice 3. Standard procedures and protocols 	

* Figures in bold and italics are the total hours for the subject, and those *in brackets are the breakdown of hours for reference only*

Competence area 1: Professional, Legal and Ethical Nursing Practice (Cont'd)		
Item	Topics	Suggested Hours*
1D.	Communication	20
<i>1D.1.</i>	<i>Communication Theories and Application</i> <ul style="list-style-type: none"> ☞ Basic communication theories ☞ Therapeutic communication ☞ Effective communication and interpersonal relationship ☞ Communication with health care team members and health care consumers ☞ Negotiation skills 	
<i>1D.2.</i>	<i>Interviewing and Counseling</i> <ul style="list-style-type: none"> ☞ Principles of interviewing and counseling ☞ Interviewing and counseling skills ☞ Interviewing and counseling in health care settings 	
1E.	Rights and Responsibilities of the Individual <ul style="list-style-type: none"> ☞ Rights and responsibilities as a: <ul style="list-style-type: none"> – person – citizen – patient (Patient's Charter) 	(Included in IA.2 & IC.I)
1F.	Information Technology in Nursing and Health Care	20
<i>1F.1.</i>	<i>Introduction to Information Technology (IT)</i>	
<i>1F.2.</i>	<i>Application of IT in Nursing and Health Care</i> <ul style="list-style-type: none"> ☞ Introduction to tele-health care ☞ Concepts of e-learning in nursing and health care ☞ Application of IT in nursing research ☞ Application of IT in health care settings ☞ Intellectual property 	

* Figures in bold and italics are the total hours for the subject, and those *in brackets are the breakdown of hours for reference only*

Competence area 2: Health Promotion and Health Education		
Item	Topics	Minimum Hours*
2A.	<p>Education Theories and Methods</p> <p><i>Teaching and Learning</i></p> <ul style="list-style-type: none"> ☞ Definition of teaching and learning ☞ Types and domains of learning ☞ Teaching strategies and use of teaching aids ☞ The teaching and learning process ☞ Principles of effective teaching and learning ☞ Strategies for teaching and learning in clinical situations ☞ Evaluation of teaching 	10
2B.	<p>Concepts of Health, Health Education and Health Promotion</p> <p>2B.1. <i>Concepts of Health and Health Care Delivery Systems</i></p> <ul style="list-style-type: none"> ☞ Concepts of health and illness, socio-cultural factors ☞ The health care delivery systems, local and world-wide ☞ Primary health care <p>2B.2. <i>Health Education and Health Promotion</i></p> <ul style="list-style-type: none"> ☞ Determinants of health: individual and population ☞ Epidemiology of health and illness ☞ Evolution of health education and health promotion ☞ Models of health education and health promotion ☞ Strategies for health education and health promotion ☞ Health education and health promotion in nursing practice: individual, families, groups and community <p>2B.3. <i>Contemporary Issues in Health Education and Health Promotion</i></p> <ul style="list-style-type: none"> ☞ Health promotion policies ☞ Healthy lifestyles, community empowerment and partnership ☞ Health economics and health care reform 	40
2C.	<p>Communication</p> <p><i>(Please refer to communication theories and skills in Competence Area 1, 1D.)</i></p>	Included in 1D
2D.	<p>Rights and Responsibilities of the Individual</p> <p><i>(Please refer to the related knowledge as specified in Competence Area 1, 1E.)</i></p>	Included in 1E

* Figures in bold and italics are the total hours for the subject, and those *in brackets are the breakdown of hours for reference only*

Competence area 3: Management and Leadership		
Item	Topics	Minimum Hours*
3A.	<p>Management</p> <p><i>Introduction to Management Theories, Skills and Application</i></p> <ul style="list-style-type: none"> ☞ Management: theories and process ☞ Resources management: manpower, finance and time ☞ Crisis management ☞ Risk management ☞ Quality management ☞ Change management ☞ Nurse as a client care manager and unit manager 	20
3B.	<p>Leadership</p> <p><i>Leadership in Nursing and Health Care</i></p> <ul style="list-style-type: none"> ☞ Leadership theories ☞ Team building and group dynamics ☞ Motivation and influencing skills ☞ Problem solving and decision making skills <p>(Integration of theories of communication, interpersonal skills and education as specified in Competence Area 1D and 2A.)</p>	5
3C.	<p>Health Care Policies</p> <p>3C.1. <i>Health Care Systems and Trends</i> (Integration of knowledge as specified in Competence Area 2, 2B.1 and 2B.3)</p> <p>3C.2. <i>Health Care Policies Making</i></p> <ul style="list-style-type: none"> ☞ Theories and process ☞ Health economics ☞ Health services innovations in response to changing social and health care needs in Hong Kong ☞ The impact of changing health services development on nursing ☞ Politics and power in health care policy making ☞ Advocacy in nursing ☞ Health informatics 	15

* Figures in bold and italics are the total hours for the subject, and those *in brackets are the breakdown of hours for reference only*

Competence area 4: Research		
Item	Topics	Minimum Hours*
4A.	<p>Basic Knowledge in Conducting Research in Health Care Settings</p> <ul style="list-style-type: none"> ☞ Introduction to the process of research 1. Research questions 2. Literature review 3. Research design 4. Ethical issues 5. Data collection 6. Data analysis 7. Dissemination of research findings 	<i>40</i>
4B.	<p>Appraising and Utilizing Research Findings</p> <ul style="list-style-type: none"> ☞ Components of a research critique ☞ Integrating research and practice ☞ Strategies in research utilization ☞ Evidence-based practice 	

* Figures in bold and italics are the total hours for the subject, and those *in brackets are the breakdown of hours for reference only*

Competence area 5: Personal Effectiveness and Professional Development		
Item	Topics	Minimum Hours*
5A.	<p>Personal Effectiveness</p> <p><i>Knowledge of Self, Environment, Stress Coping and Adaptation to Change</i></p> <ul style="list-style-type: none"> ☞ Personal qualities and attitudes of the nurse ☞ Development of positive self-concept, attitudes, values and beliefs ☞ Self-awareness and value clarification ☞ Adaptation to change ☞ Stress and coping strategies 	<i>(Included in 1A.3)</i>
5B.	<p>Professional Development</p> <p><i>Knowledge of Professional Organizations and Advanced Learning Opportunities</i></p> <ul style="list-style-type: none"> ☞ Introduction to professional organizations related to nursing <ul style="list-style-type: none"> 1. Nursing Council of Hong Kong 2. Local nursing organizations 3. Major local, national and international health and nursing organizations 4. Major medical, health and social services in Hong Kong ☞ Introduction to various nursing specialties and opportunities for continuing education ☞ Career planning and development 	2
5C.	<p>Establishing and Maintaining Nursing as a Profession</p> <p><i>Achieving Professionalism</i></p> <ul style="list-style-type: none"> ☞ Characteristics of a profession ☞ Political acumen ☞ Establishing nursing as a valued profession in society: <ul style="list-style-type: none"> – Developing a competent and confident professional image – Quality service – Social involvement – Professional coalition – Promulgation of professional excellence – Evidence-based practice <p>(Integration of knowledge as specified in Competence Area 1, 1C.2.)</p>	6

* Figures in bold and italics are the total hours for the subject, and those *in brackets are the breakdown of hours for reference only*

ESSENTIAL TOPICS IN 'BASIC NURSING FOR SAFE PRACTICE'

Item	Topics	Minimum Hours*
I.	<p>The nursing process – a problem solving approach in nursing</p> <p>1. Assessment: <i>Comprehensive health assessment of:</i></p> <ul style="list-style-type: none"> ◆ the individual: <ul style="list-style-type: none"> - Physical aspects - Psychosocial aspects - Spiritual aspects ◆ the family ◆ community <p>2. Planning</p> <p>3. Implementation</p> <p>4. Evaluation</p>	(2)
II.	<p>Essential nursing techniques in clinical settings for safe practice</p> <p>1. Ensuring a safe and comfortable environment for care</p> <p><i>1.1. Ward/clinical unit</i></p> <ul style="list-style-type: none"> ◆ Organization of the ward/unit activities ◆ Provision of a safe and comfortable physical environment <ul style="list-style-type: none"> - Preparation and maintenance of clinical necessities: - The bed/cot unit - Equipments, linens and clinical supplies - Medical gas and chemical substances - Food and drugs <p><i>1.2. Infection control:</i></p> <ul style="list-style-type: none"> ◆ Concepts of infectious agents, infection risks, and nosocomial infection ◆ Principles of infection control ◆ Infection control in relation to nursing practice ◆ Infection control policies and practices: <ul style="list-style-type: none"> - Medical and surgical asepsis - Isolation precautions - Handling of clinical wastes ◆ The use of common antiseptics and disinfectants ◆ Wound care and dressing techniques 	(16) (Covering Topics No. 1, 2 and 3)

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Item	Topics	Minimum Hours*
II.	<p>Essential nursing techniques in clinical settings for safe practice (Cont'd)</p> <p>2. Maintenance and promotion of occupational safety and health</p> <p>2.1. <i>Risk assessment and management</i></p> <p>2.2. <i>Body mechanics and prevention of back injuries</i></p> <p>2.3. <i>Measures to prevent accidents and injuries in clinical settings</i></p> <p>3. Documentation and reporting of care</p> <p>3.1. <i>Purposes</i></p> <p>3.2. <i>Types of records</i></p> <p>3.3. <i>Principles and methods</i></p> <p>4. Helping the client meet the basic needs of living</p> <p>4.1. <i>Meeting safety needs</i></p> <ul style="list-style-type: none"> ◆ Care of clients requiring special protection and care: the unconscious, the very ill, the delirious/restless and the depressed ◆ The use of safety devices ◆ Suicide precautions <p>4.2. <i>Meeting psychosocial needs in the following situations:</i></p> <ul style="list-style-type: none"> ◆ Hospitalization ◆ Stages of illness ◆ Fear, anxiety and depression ◆ Self-concept disturbance <p>4.3. <i>Maintaining body temperature</i></p> <ul style="list-style-type: none"> ◆ Methods of reducing/raising body temperature ◆ Care of the febrile and the hypothermic clients <p>4.4. <i>Promoting hygiene</i></p> <ul style="list-style-type: none"> ◆ Personal hygiene ◆ Comfort and cleanliness ◆ Maintaining skin integrity ◆ Care of infested hair <p>4.5. <i>Promoting rest and sleep</i></p> <ul style="list-style-type: none"> ◆ The nature of sleep and the sleep cycle ◆ Sleep disorders ◆ Techniques in promoting rest and sleep ◆ Sleeping aids <p>4.6. <i>Facilitating relief from pain</i></p> <ul style="list-style-type: none"> ◆ Theories of pain and pain transmission ◆ Types of pain ◆ Assessment of pain ◆ Modulation of pain 	(147)

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Item	Topics	Minimum Hours*
II.	<p data-bbox="236 174 1235 210">Essential nursing techniques in clinical settings for safe practice (Cont'd)</p> <p data-bbox="325 215 762 250">4.7. <i>Meeting respiratory needs</i></p> <ul style="list-style-type: none"> <li data-bbox="424 250 943 286">◆ Methods to maintain airway patency <ul style="list-style-type: none"> <li data-bbox="469 286 762 322">- insertion of airway <li data-bbox="469 322 831 358">- use of suction apparatus <li data-bbox="424 358 970 394">◆ Basic respiratory therapeutic measures <ul style="list-style-type: none"> <li data-bbox="469 394 911 430">- methods to administer oxygen <li data-bbox="469 430 663 465">- inhalations <li data-bbox="424 465 863 501">◆ Assisting the client to perform <ul style="list-style-type: none"> <li data-bbox="469 501 938 537">- breathing and coughing exercise <li data-bbox="469 537 743 573">- postural drainage <p data-bbox="325 609 724 645">4.8. <i>Meeting mobility needs</i></p> <ul style="list-style-type: none"> <li data-bbox="424 645 1027 680">◆ Causes of immobility and bed confinement <li data-bbox="424 680 948 716">◆ Responses of the body to immobility <li data-bbox="424 716 1129 788">◆ Prevention of complications of immobility and bed confinement <li data-bbox="424 788 1273 824">◆ The use of ambulatory devices and care of the ambulant client <li data-bbox="424 824 1209 860">◆ Moving and lifting clients with/without mobility devices: <ul style="list-style-type: none"> <li data-bbox="469 860 600 896">- in bed <li data-bbox="469 896 1059 931">- between bed and trolley/chair/wheel chair <li data-bbox="424 931 826 967">◆ Principles of physiotherapy <li data-bbox="424 967 911 1003">◆ Principles of occupational therapy <p data-bbox="325 1039 879 1075">4.9. <i>Meeting fluid and nutritional needs</i></p> <ul style="list-style-type: none"> <li data-bbox="424 1075 1241 1146">◆ Factors that influence food and fluid intake, dietary patterns and nutritional status <li data-bbox="424 1146 1225 1218">◆ Methods to assess a person's nutritional status, dietary and fluid intake <li data-bbox="424 1218 1246 1290">◆ Meeting special nutritional needs associated with each stage of the life cycle <li data-bbox="424 1290 1161 1326">◆ Methods of maintaining fluid and nutritional balance: <ul style="list-style-type: none"> <li data-bbox="469 1326 863 1361">- regulating oral fluid intake <li data-bbox="469 1361 959 1397">- administering intravenous therapy <li data-bbox="469 1397 1230 1469">- administering intravenous infusion/hyperalimentation / blood transfusion <li data-bbox="469 1469 874 1505">- recording intake and output <li data-bbox="469 1505 868 1541">- preparing and serving food <li data-bbox="469 1541 1161 1612">- feeding dependent persons, infants, the physically handicapped, the older adults <li data-bbox="469 1612 959 1648">- administering enteral/tube feeding 	

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Item	Topics	Minimum Hours*
II.	<p data-bbox="236 226 1235 259">Essential nursing techniques in clinical settings for safe practice (Cont'd)</p> <p data-bbox="325 264 852 297"><i>4.10. Meeting bowel elimination needs</i></p> <ul style="list-style-type: none"> <li data-bbox="424 302 767 331">◆ Normal bowel patterns <li data-bbox="424 336 930 365">◆ Factors affecting bowel elimination <li data-bbox="424 369 983 398">◆ Identifying bowel elimination problems <li data-bbox="424 403 1123 432">◆ Maintaining a regular pattern of bowel elimination <li data-bbox="424 436 1114 465">◆ Observation of stools and collection of specimens <li data-bbox="424 470 1230 499">◆ Assisting the client in using devices for bowel elimination: <ul style="list-style-type: none"> <li data-bbox="469 504 895 533">- use of commodes/sani-chairs <li data-bbox="469 537 900 566">- giving and removing bedpans <li data-bbox="424 571 1246 656">◆ Nursing interventions in managing: constipation, impaction, flatulence <ul style="list-style-type: none"> <li data-bbox="469 660 810 689">- inserting suppositories <li data-bbox="469 694 967 723">- giving enemas and rectal washouts <li data-bbox="424 728 890 757">◆ Care of the client with diarrhoea <li data-bbox="424 761 1018 790">◆ Care of the client with bowel incontinence <p data-bbox="325 840 871 873"><i>4.11. Meeting urinary elimination needs</i></p> <ul style="list-style-type: none"> <li data-bbox="424 878 946 907">◆ Factors affecting urinary elimination <li data-bbox="424 911 916 940">◆ Problems with urinary elimination <li data-bbox="424 945 772 974">◆ Characteristics of urine <li data-bbox="424 978 858 1008">◆ Collection of urine specimens <li data-bbox="424 1012 603 1041">◆ Urinalysis <li data-bbox="424 1046 756 1075">◆ Promoting continence <li data-bbox="424 1079 810 1108">◆ Care of incontinent clients <li data-bbox="424 1113 1182 1142">◆ Altered urinary elimination: retention and incontinence <ul style="list-style-type: none"> <li data-bbox="469 1146 938 1176">- catheterization: male and female <li data-bbox="469 1180 1094 1209">- care of the client with an indwelling catheter <li data-bbox="469 1214 1023 1243">- care of the client with bladder drainage <p data-bbox="325 1314 740 1348"><i>4.12. Promoting sexual health</i></p> <ul style="list-style-type: none"> <li data-bbox="424 1352 963 1382">◆ Sexuality and the client's health status <p data-bbox="325 1417 767 1451"><i>4.13. Promoting spiritual health</i></p> <ul style="list-style-type: none"> <li data-bbox="424 1456 667 1485">◆ Spiritual needs <li data-bbox="424 1489 1002 1518">◆ Concepts of spirituality and spiritual care <li data-bbox="424 1523 836 1552">◆ Nurses' role in spiritual care <p data-bbox="325 1588 1158 1621"><i>4.14. Helping clients cope with loss and grief, death and dying</i></p> <ul style="list-style-type: none"> <li data-bbox="424 1626 810 1655">◆ Concepts of loss and grief <li data-bbox="424 1659 1126 1688">◆ Theories related to death, dying, grief and grieving <li data-bbox="424 1693 1007 1722">◆ Care of the dying and the grieving family <li data-bbox="424 1727 624 1756">◆ Last offices 	

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Item	Topics	Minimum Hours*
II.	<p>Essential nursing techniques in clinical settings for safe practice (Cont'd)</p> <p>5. Assisting the client to undertake diagnostic procedures <i>5.1 Nursing responsibilities before, during and after physical examination and diagnostic procedures including:</i></p> <ul style="list-style-type: none"> ◆ Imaging procedures <ul style="list-style-type: none"> - plain x-ray examinations - X-ray examinations using contrast media - X-ray examinations using radioactive materials - ultrasonography - scanning - magnetic resonance imaging - pulmonary function studies ◆ Endoscopic examinations ◆ Diagnostic procedures for laboratory studies: <ul style="list-style-type: none"> - tissue biopsies - lumbar puncture - aspirations of cavities - endocrine activity tests - collection of specimens ◆ Electrographic diagnostic studies: <ul style="list-style-type: none"> - electrocardiogram - electroencephalogram - electromyogram <p>6. Administration of medications</p> <ul style="list-style-type: none"> ◆ Principles ◆ Terminology and calculation in drug therapy ◆ Rules and safety measures ◆ Routes, methods and techniques ◆ The ordering, storage, custody, and recording of controlled drugs according to related drug control ordinances ◆ Responsibilities of the nurse and other members of the health care team in relation to medications ◆ The rights and responsibilities of the client in relation to taking medications <p>7. Principles of First Aid 7.1. Introduction:</p> <ul style="list-style-type: none"> ◆ Aims of first aid ◆ First aid management principles ◆ Casualty assessment ◆ Methods of moving and carrying injured persons ◆ The use of different types of bandage and splints ◆ Improvisation of equipment and utilization of available material 	<p>(25) (Covering Topics No. 5, 6, and 7)</p>

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Item	Topics	Minimum Hours*
II.	<p>Essential nursing techniques in clinical settings for safe practice (Cont'd)</p> <p>7.2. <i>Fist aid management of various conditions:</i></p> <ul style="list-style-type: none"> ◆ Trauma care – <ul style="list-style-type: none"> - wounds - haemorrhage - shock ◆ Burns and scalds ◆ Heat/cold injuries ◆ Musculoskeletal injuries <ul style="list-style-type: none"> - sprains - strains - dislocations - fractures ◆ Unconsciousness <ul style="list-style-type: none"> - loss of consciousness - fits and convulsions ◆ Bites and stings ◆ Foreign bodies ◆ Choking ◆ Asphyxia ◆ Drowning ◆ Poisoning <p>7.3. <i>Cardiopulmonary resuscitation (CPR)</i></p> <ul style="list-style-type: none"> ◆ Basic life support for adults, children and infants 	
III.	<p>Principles and Practice of Nursing</p> <p>1. Accident and Emergency (A&E) Nursing</p> <ul style="list-style-type: none"> ◆ Principles ◆ The roles and functions of the triage nurse ◆ Managing client care in the A&E department <p>2. Peri-operative Nursing and Anaesthetic Nursing</p> <ul style="list-style-type: none"> ◆ Psycho-social and physiological impact of surgery ◆ General pre-operative, intra-operative and post-operative care ◆ Prevention of post-operative complications ◆ Principles of anaesthesia and related care ◆ Roles and responsibilities of the nurse in the operating theatre (OT) <p>3. Medical and Surgical Nursing in relation to illness prevention and health restoration of clients with alteration in various body system functions</p> <ul style="list-style-type: none"> ◆ Common disorders and their etiologies ◆ Prevalence and incidence of illness ◆ Special investigations and therapeutic modalities ◆ Assessing, planning, implementing, and evaluating preventive/promotive/curative/rehabilitative care <p>(Please refer to Appendix 3 for details.)</p>	<p>(4)</p> <p>(8)</p> <p>(214)</p>

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Item	Topics	Minimum Hours*
III.	<p data-bbox="236 219 834 257">Principles and Practice of Nursing (Cont'd)</p> <p data-bbox="252 264 643 302">4. Rehabilitative Nursing</p> <ul data-bbox="331 302 1125 560" style="list-style-type: none"> ◆ Principles of rehabilitative care ◆ Comprehensive assessment ◆ Family-centered care and community care ◆ Multi-disciplinary approach in rehabilitative care ◆ Community resources for rehabilitative care ◆ Applied rehabilitative care for clients with special needs ◆ Discharge planning <p data-bbox="252 600 850 638">5. Oncology Nursing and Palliative Care</p> <ul data-bbox="331 638 1276 817" style="list-style-type: none"> ◆ Principles of oncology nursing ◆ Principles of palliative care ◆ Care of clients with cancer and their families ◆ Legal and ethical issues related to oncology nursing and hospice care <p data-bbox="252 869 805 907">6. Paediatric and Adolescent Nursing</p> <ul data-bbox="331 907 1276 1272" style="list-style-type: none"> ◆ Theories of growth and development ◆ Principles of paediatric and adolescent nursing ◆ Health assessment in children and adolescents ◆ Paediatric and adolescent nutrition ◆ Nursing care and management of neonates infants, children and adolescents ◆ Preventing accidents at home ◆ Children's rights ◆ Child abuse and the related roles of the nurse ◆ Play therapy 	<p data-bbox="1345 257 1401 295">(16)</p> <p data-bbox="1345 600 1401 638">(16)</p> <p data-bbox="1345 862 1401 900">(50)</p>

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Item	Topics	Minimum Hours*
III.	<p data-bbox="236 219 834 257">Principles and Practice of Nursing (Cont'd)</p> <p data-bbox="252 264 576 302">7. Obstetric Nursing</p> <ul style="list-style-type: none"> ◆ Applied anatomy and physiology ◆ Normal pregnancy ◆ Minor disorders of pregnancy ◆ Antenatal care ◆ Stages of normal labour ◆ Intrapartum care ◆ Postnatal care and family planning ◆ Care of the newborn ◆ Common complications of pregnancy, labour and puerperium ◆ Introduction to obstetric emergencies ◆ Roles and responsibilities of the midwife <p data-bbox="252 723 651 761">8. Gerontological Nursing</p> <ul style="list-style-type: none"> ◆ Theories related to gerontological nursing <ul style="list-style-type: none"> - Theories of aging - The normal aging process - Epidemiology of aging - Philosophy of gerontological nursing and scope of care ◆ Promoting health and wellness of the elderly people <ul style="list-style-type: none"> - Comprehensive health assessment - Common physical, social and mental health problems and their management - Communicating with elderly people - Meeting activities of daily living needs and psychosocial needs - Health education and health promotion - Rehabilitation ◆ Issues in gerontological care <ul style="list-style-type: none"> - Family-centered care and community care - Multi-disciplinary approach - Health and social services for the elderly people - Legal and ethical implications <p data-bbox="252 1462 647 1500">9. Mental Health Nursing</p> <ul style="list-style-type: none"> ◆ Principles of mental health nursing ◆ Roles and responsibilities of the mental health nurse ◆ Common mental disorders <ul style="list-style-type: none"> - Classification - Causes - Signs and symptoms ◆ Nursing care and management of patients across the life span with mental health problems ◆ Psychological and mental status and assessments ◆ Treatment and uses of psychotropic drugs ◆ Rehabilitation of clients with mental health problems ◆ Community care ◆ Structure of the mental health services in Hong Kong ◆ Legal and ethical issues related to mental health nursing, including 	<p data-bbox="1342 264 1398 302">(40)</p> <p data-bbox="1342 723 1398 761">(30)</p> <p data-bbox="1342 1462 1398 1500">(40)</p>

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the Mental Health Ordinance		
Item	Topics	Minimum Hours*
III.	Principles and Practice of Nursing (Cont'd)	
	10. Public Health and Community Nursing <ul style="list-style-type: none"> ◆ Principles of community nursing ◆ Comprehensive assessment ◆ Planning and preparing for home visits and nursing care ◆ Home care nursing and management of specific conditions at home ◆ Emotional problems and stress in the home ◆ Co-ordination of other medical, health and social services in meeting the needs of the client and family ◆ Client and family education ◆ Community support and network, nurse-led clinics 	(40)
	11. Communicable Diseases and Related Nursing <ul style="list-style-type: none"> ◆ Principles of nursing care and management of the client with communicable diseases 	(20)
	12. Chinese Medicinal Nursing and Complementary and Alternative Medicine <p><i>12.1 Chinese Medicinal Nursing</i></p> <ul style="list-style-type: none"> ◆ Health concepts of Chinese medicine ◆ Basic theories of traditional Chinese medicine <ul style="list-style-type: none"> - Yin and Yang - The Five Vital Primary Elements - Internal organs and functions - Meridians ◆ Introduction to modern Chinese medicine ◆ Diagnostic and therapeutic methods ◆ Basic concepts about Chinese herbs and medications ◆ Scopes and principles of Chinese Medicinal Nursing <p><i>12.2 Complementary and Alternative Medicine</i></p> <ul style="list-style-type: none"> ◆ Characteristics of complementary and alternative medicine ◆ Introduction to some common contemporary therapy systems and approaches 	(40)

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Outline of topics and related contents under major body systems

(Content items are not exhaustive and should be reviewed from time to time)

Body systems	Special investigations	Therapeutic measures	Common disorders	Contemporary therapeutic agents & nursing implications
1. Alimentary	<p>Imaging procedures</p> <ul style="list-style-type: none"> ● Plain X-ray examinations ● X-ray examinations using contrast medium ● Ultrasonography ● Scanning ● Magnetic Resonance Imaging (MRI) <p>Endoscopic examinations</p> <ul style="list-style-type: none"> ● Esophagoscopy ● Gastroduodenoscopy ● Colonoscopy ● Sigmoidoscopy, proctoscopy ● Endoscopic retrograde cholangiopancreatography (ERCP) <p>Blood tests</p> <ul style="list-style-type: none"> ● Liver function tests (LFT) ● Electrolytes ● Complete blood count (CBC) ● Serum amylase ● Carcinoembryonic antigen (CEA) <p>Biopsy</p> <ul style="list-style-type: none"> ● Liver biopsy <p>Other laboratory studies</p> <ul style="list-style-type: none"> ● Gastric analysis ● Stool and vomitus examination ● Breath test 	<p>Procedures</p> <ul style="list-style-type: none"> ● Enteral feeding and parenteral nutrition ● Nasogastric tube feeding ● Gastrostomy feeding ● Total parenteral nutrition ● Nasogastric tube intubation ● Gastric lavage ● Abdominal paracentesis ● Sengstaken tube intubation ● Sitz bath <p>Medical management</p> <p>Surgical management</p> <p>Nursing management</p>	<p>Oral cavity</p> <ul style="list-style-type: none"> ● Cleft lips and cleft palate ● Neoplasm of the tongue ● Dental problems ● Common oral infections <p>Esophagus</p> <ul style="list-style-type: none"> ● Foreign body ● Oesophageal varices ● Neoplasms <p>Stomach and duodenum</p> <ul style="list-style-type: none"> ● Gastritis ● Pyloric stenosis ● Peptic ulcer ● Duodenal ulcer ● Neoplasms <p>Intestines</p> <ul style="list-style-type: none"> ● Intestinal obstruction ● Appendicitis ● Hernia ● Haemorrhoid ● Abscess and fistula ● Diverticulitis ● Crohn's disease ● Ulcerative colitis ● Neoplasms <p style="text-align: right;">(To be continued on next page)</p>	<ul style="list-style-type: none"> ● Antacids ● Gastro-intestinal regulators ● Anti-ulcerants ● Anti-cholinergic agents ● Emetics ● Anti-emetics ● Pancreatic enzymes ● Bile salts ● Purgatives ● Anti-diarrhoeal agents ● Anti-helminthics ● Topical rectal medications

Body systems	Special investigations	Therapeutic measures	Common disorders	Contemporary therapeutic agents & nursing implications
1. Alimentary (Cont'd)			<p>Accessory organs</p> <ul style="list-style-type: none"> ● Cholangitis ● Gallstones ● Jaundice ● Hepatitis ● Cirrhosis of liver ● Carcinoma of liver ● Hepatic failure ● Hepatic coma ● Pancreatitis ● Neoplasms <p>Others</p> <ul style="list-style-type: none"> ● Peritonitis ● Food poisoning ● Malabsorption syndrome ● Hiatus hernia ● Worm infestation ● Enteric infections: <ul style="list-style-type: none"> – Typhoid – Cholera – Dysentery 	

Body systems	Special investigations	Therapeutic measures	Common disorders	Contemporary therapeutic agents & nursing implications
2. Cardiovascular & Lymphatic	<p>Imaging procedures</p> <ul style="list-style-type: none"> ● Plain X-ray examination ● X-ray examination using contrast medium ● Magnetic Resonance Imaging (MRI) <p>Electrographic diagnostic procedures</p> <ul style="list-style-type: none"> ● Electrocardiogram <p>Blood tests</p> <ul style="list-style-type: none"> ● Complete blood count (CBC) ● Cardiac enzymes ● Serum electrolytes ● Serum lipids ● Coagulation test ● Blood glucose <p>Biopsy</p> <ul style="list-style-type: none"> ● Lymph node biopsy ● Lymphangiography <p>Others</p> <ul style="list-style-type: none"> ● Cardiac catheterization ● Exercise stress test ● Echocardiogram 	<p>Procedures</p> <ul style="list-style-type: none"> ● Cardiac pacing ● Pericardiocentesis ● Cardio-interventional therapy ● Advanced cardiac life support <p>Medical management</p> <p>Surgical management</p> <p>Nursing management</p>	<p>Cardiac conditions</p> <ul style="list-style-type: none"> ● Congenital heart diseases ● Cardiac dysrhythmia ● Coronary heart disease ● Valvular heart disease ● Carditis ● Rheumatic fever and rheumatic heart disease ● Heart failure ● Cardiac arrest <p>Vascular conditions:</p> <ul style="list-style-type: none"> ● Hypertension ● Varicose veins ● Peripheral vascular disease ● Aneurysm ● Thrombosis and embolism ● Arteriosclerosis ● Atherosclerosis ● Arterio-venous malformation ● Phlebotomy <p>Lymphatic disorders</p> <ul style="list-style-type: none"> ● Hodgkins disease ● Lymphadenitis ● Lymphomas 	<ul style="list-style-type: none"> ● Cardiac glycoside ● Cardiac stimulants ● Anti-angina agents ● Anti-arrhythmic agents ● Anti-thrombotic agents ● Anti-hypertensive agents ● Vasodilators ● Vasoconstrictors ● Hypolipidemic agents
3. Haematological	<p>Blood tests</p> <ul style="list-style-type: none"> ● Complete blood count (CBC) ● Total differential count ● Coagulation studies ● Peripheral blood smear <p>Biopsy</p> <ul style="list-style-type: none"> ● Bone marrow biopsy 	<p>Procedures</p> <ul style="list-style-type: none"> ● Blood product transfusion ● Marrow transplant <p>Medical management</p> <p>Surgical management</p> <p>Nursing management</p>	<ul style="list-style-type: none"> ● Anaemias ● Leukaemias ● Haemorrhagic conditions ● Autoimmune diseases ● Human Immunodeficiency Virus (HIV) infection ● Malaria 	<ul style="list-style-type: none"> ● Iron preparations ● Haematinics ● Anticoagulants ● Clotting agents & haemostatics ● Fibrinolytic agents

Body systems	Special investigations	Therapeutic measures	Common disorders	Contemporary therapeutic agents & nursing implications
4. Dermatological	Blood test Skin biopsy Skin scrapping Sensitivity test	Procedures <ul style="list-style-type: none"> ● Local applications ● Cauterization ● Skin grafting Medical management Surgical management Nursing management	Eczema <ul style="list-style-type: none"> ● Contact dermatitis ● Atopic eczema Bacterial infection <ul style="list-style-type: none"> ● Impetigo ● Folliculitis ● Hansen's disease Fungal infections <ul style="list-style-type: none"> ● Tinea infections ● Candidiasis Viral infections <ul style="list-style-type: none"> ● Herpes ● Warts Parasitic infestations <ul style="list-style-type: none"> ● Scabies ● Pediculosis Acne Psoriasis Skin cancers and neoplasms Burns and scalds	<ul style="list-style-type: none"> ● Topical & protective agents ● Keratolytics and cleansers ● Anti-bacterials ● Anti-fungals ● Anti-parasitics ● Corticosteriods ● Anti-histamines

Body systems	Special investigations	Therapeutic measures	Common disorders	Contemporary therapeutic agents & nursing implications
5. Endocrine	Imaging procedures Blood test <ul style="list-style-type: none"> ● Thyroid function test ● Adrenal function test ● Pancreatic function test ● Pituitary function test Biopsy	Diabetic diet Insulin therapy Medical management Surgical management Nursing management	Pituitary gland <ul style="list-style-type: none"> ● Gigantism/ acromegaly ● Simmond's disease ● Diabetes insipidus ● Neoplasms ● Dwarfism Thyroid gland <ul style="list-style-type: none"> ● Congenital abnormalities ● Hyperthyroidism (Cretinism, myxedema) ● Goiters ● Hypothyroidism ● Neoplasms Parathyroid gland <ul style="list-style-type: none"> ● Hyperparathyroidism ● Hypoparathyroidism Pancreas <ul style="list-style-type: none"> ● Diabetes mellitus ● Cancers Adrenal gland <ul style="list-style-type: none"> ● Cushing's syndrome ● Addison's disease ● Pheochromocytoma 	<ul style="list-style-type: none"> ● Systemic corticosteroids ● Anabolic steroids ● Insulin preparations ● Insulin antagonists ● Hypoglycaemic agents ● Thyroid hormones ● Anti-thyroid drugs ● Androgens ● Oestrogens ● Progesterones ● Pituitary hormones

Body systems	Special investigations	Therapeutic measures	Common disorders	Contemporary therapeutic agents & nursing implications
6. Genito-urinary (including the male reproductive system)	Imaging procedures <ul style="list-style-type: none"> ● X-ray Kidney, Ureter & Bladder (KUB) ● Intravenous Urography (IVU) ● Ultrasonographs ● Magnetic Resonance Imaging (MRI) ● Computerized Tomography (CT) Endoscopic examinations <ul style="list-style-type: none"> ● Cystoscopy ● Ureteroscopy ● Nephroscopy Blood test <ul style="list-style-type: none"> ● Chemistry ● Haematology Urine tests <ul style="list-style-type: none"> ● Routine urinalysis ● Bacteriological studies ● Cytological studies ● Clearance studies Urodynamic studies Biopsy	Procedures <ul style="list-style-type: none"> ● Bladder irrigations ● Peritoneal dialysis ● Continuous ambulatory peritoneal dialysis ● Haemodialysis ● Endoscopic procedures ● Lithotripsy Medical management Surgical management Nursing management	Kidney and bladder <ul style="list-style-type: none"> ● Glomerulonephritis ● Nephritic syndrome ● Renal failure ● Traumatic conditions ● Pyelonephritis ● Tuberculosis ● Polycystic kidney ● Cystitis ● Urinary Tract Infection ● Calculi ● Neoplasm Prostate <ul style="list-style-type: none"> ● Benign prostatic hypertrophy ● Neoplasm External genitalia <ul style="list-style-type: none"> ● Hydrocele and varicoele ● Phimosis ● Hypospadias Sexually transmitted diseases	<ul style="list-style-type: none"> ● Diuretics ● Urinary alkalinizing agents ● Parasympathomimetics ● Anti-spasmodic agents ● Phosphate binding agents ● Ion-exchange resin ● Urinary tract analgesics ● Urinary antiseptics

Body systems	Special investigations	Therapeutic measures	Common disorders	Contemporary therapeutic agents & nursing implications
7. Musculo-skeletal	Imaging procedures <ul style="list-style-type: none"> ● Plain x-ray ● X-ray examination using contrast medium ● Scanning ● Magnetic Resonance Imaging Electrographic diagnostic procedures <ul style="list-style-type: none"> ● Electromyography Blood tests Endoscopic examination <ul style="list-style-type: none"> ● Arthroscopy Joint aspiration Muscle & synovial capsule biopsy	Procedures <ul style="list-style-type: none"> ● Manipulation ● Traction ● Splintage Physiotherapy Occupational therapy Medical Management Surgical management Nursing management	Infection <ul style="list-style-type: none"> ● Osteomyelitis ● Pyogenic arthritis ● Tuberculosis spondylitis ● Gangrene Chronic Non-infective Conditions <ul style="list-style-type: none"> ● Osteoarthritis ● Rheumatoid arthritis ● Gouty arthritis ● Ankylosing spondylitis Trauma <ul style="list-style-type: none"> ● Fractures ● Dislocations ● Strain &, sprains Metabolic Diseases <ul style="list-style-type: none"> ● Osteoporosis ● Osteomalacia Neoplasms Congenital & developmental disorders Degenerative conditions	<ul style="list-style-type: none"> ● Analgesics ● Anti-inflammatory agents ● Muscle relaxants ● Anti-gout agents ● Anti-rheumatic agents ● Anti-ulcerants

Body systems	Special investigations	Therapeutic measures	Common disorders	Contemporary therapeutic agents & nursing implications
8. Neurological	Imaging procedures <ul style="list-style-type: none"> ● Plain x-ray ● X-ray examination using contrast Medium ● Scanning ● Magnetic Resonance Imaging ● Ultrasonography Electrographic diagnostic procedures <ul style="list-style-type: none"> ● Electroencephalography ● Electromyography Blood tests Biopsy Neurological assessments Sleep studies	Speech therapy Physiotherapy Occupational therapy Medical management Surgical management Nursing management	Infection <ul style="list-style-type: none"> ● Meningitis ● Encephalitis ● Brain abscess ● Rabies ● Tetanus ● Poliomyelitis Trauma <ul style="list-style-type: none"> ● Head injuries ● Spinal cord and spinal nerve injuries Toxic conditions <ul style="list-style-type: none"> ● Alcoholism ● Drug intoxication Cerebral vascular conditions <ul style="list-style-type: none"> ● Cerebral vascular accidents ● Transient ischaemic attacks ● Cerebral aneurysm and arterio-venous malformations Congenital & developmental disorders <ul style="list-style-type: none"> ● Hydrocephalus ● Spina bifida Degenerative conditions <ul style="list-style-type: none"> ● Parkinson's Disease ● Alzheimer's Disease ● Multiple Sclerosis ● Myasthenia Gravis Neoplasms Seizure disorders Others <ul style="list-style-type: none"> ● Disturbance of speech and consciousness ● Paralysis ● Sleep disorders ● Migraine ● Cranial nerve disorders 	<ul style="list-style-type: none"> ● Anaesthetics (general & local) ● Analgesics ● Sedatives ● Hypnotics ● Tranquilizers ● Antidepressants ● Anticonvulsants ● Stimulants ● Adrenergic agents ● Parasympathomimetics ● Anticholinergics ● Agents for Parkinson's Disease ● Neuromuscular blocking agents and other muscle relaxants

Body systems	Special investigations	Therapeutic measures	Common disorders	Contemporary therapeutic agents & nursing implications
9. Ophthalmic	Imaging procedures <ul style="list-style-type: none"> ● Radiological studies Electrographic diagnosis procedures <ul style="list-style-type: none"> ● Electro-retinography Blood tests Ophthalmic examination <ul style="list-style-type: none"> ● External ● Internal Vision tests <ul style="list-style-type: none"> ● Visual acuity ● Visual field ● Colour vision Laboratory tests	Procedures <ul style="list-style-type: none"> ● Hot / cold application ● Eye swabbing and irrigation ● Instillation of eye drops ● Application of eye ointment ● Cutting of eye lashes ● Application of eye patch Medical management Surgical management Nursing management	<ul style="list-style-type: none"> ● Inflammatory and infective conditions ● Refractive errors ● Retinal detachment ● Cataract ● Glaucoma ● Squint ● Eye injuries ● Macular degeneration 	<ul style="list-style-type: none"> ● Miotic drops ● Mydriatic drops ● Cycloplegic drops ● Local anaesthetics ● Topical anti-infective agents ● Topical non-steroidal anti-inflammatory agents ● Topical corticosteroids
10. Oto-rhino-laryngological	Imaging examination <ul style="list-style-type: none"> ● Plain X-ray ● Scanning Endoscopic examinations Hearing tests Balance tests Laboratory tests Biopsy Examination of the ear/ nose/ throat	Procedures <ul style="list-style-type: none"> ● Irrigation of ear / nose ● Instillation of ear/ nose drops ● Antral puncture and washout ● Nasal packing ● Spraying of throat ● Ear syringing Radiotherapy Medical management Surgical management Nursing management	Ear disorders <ul style="list-style-type: none"> ● Inflammatory and infective disorders ● Foreign bodies ● Injuries ● Neoplasms ● Hearing impairment ● Menniere's disease Nasal disorder <ul style="list-style-type: none"> ● Inflammatory and infective disorders ● Foreign bodies ● Injuries ● Neoplasms ● Epistaxis ● Sinusitis Throat conditions <ul style="list-style-type: none"> ● Foreign bodies ● Inflammation ● Neoplasms 	<ul style="list-style-type: none"> ● Analgesics and anaesthetic agents ● Anti-inflammatory agents ● Anti-infective agents ● Corticosteroids ● Wax softeners ● Nasal decongestants

Body systems	Special investigations	Therapeutic measures	Common disorders	Contemporary therapeutic agents & nursing implications
11. Reproductive	Imaging examinations <ul style="list-style-type: none"> ● Plain X-ray ● Magnetic resonance imaging ● Mammography ● Ultrasonography Endoscopic examinations Laboratory tests <ul style="list-style-type: none"> ● Blood tests Biopsy and smears	Procedures <ul style="list-style-type: none"> ● Vaginal pessaries Medical management Surgical management Nursing management	Congenital conditions Physiological disorders <ul style="list-style-type: none"> ● Menstrual disorders ● Displacement of uterus and vagina ● Infertility and subfertility ● Endometriosis Inflammatory and infective conditions: <ul style="list-style-type: none"> ● Vulvitis ● Vaginitis ● Pelvic infection ● Mastitis Abnormal pregnancy: <ul style="list-style-type: none"> ● Abortion ● Ectopic pregnancy ● Molar pregnancy Neoplasm Vulva, cervix, uterus, ovary and breasts	<ul style="list-style-type: none"> ● Anti-infective agents ● Anti-inflammatory agents ● Hormonal agents
12. Respiratory	Imaging examinations <ul style="list-style-type: none"> ● Plain X-ray ● Scanning Endoscopic examinations <ul style="list-style-type: none"> ● Bronchoscopy Biopsy Laboratory tests Blood tests Thoracentesis Others <ul style="list-style-type: none"> ● Pulmonary function tests ● Allergy tests ● Nasopharyngeal aspiration 	Procedures <ul style="list-style-type: none"> ● Oxygen therapy ● Nebulization ● Under-water seal chest drainage ● Mechanical ventilation Tracheostomy Physiotherapy Medical management Surgical management Nursing management	Inflammatory and infective conditions <ul style="list-style-type: none"> ● Pulmonary tuberculosis ● Pneumonia ● Upper respiratory tract infection ● Severe acute respiratory syndrome (SARS) Chronic obstructive pulmonary diseases Asthma Trauma and injury Neoplasms Occupational lung diseases Respiratory failure	<ul style="list-style-type: none"> ● Cough suppressants ● Expectorants ● Mucolytics ● Decongestants ● Anti-infective agents ● Anti-allergic agents ● Bronchodilators ● Corticosteroids

Guidelines on Exemption of Requirement on Theoretical Hour for Registered Nurse (General) training

RN(G) Syllabus	RN(G) Syllabus (topic)	Minimum Hour for RN(G) training	Maximum Exemption Hour
1A.1	Human Anatomy and Human Physiology	180	82
1A.2	Sociology of Health	40	12
1A.3	Applied Psychology	40	12
1A.4	Fundamental Pharmacology	20	6
1A.5	Microbiology	30	9
1A.6	Nutrition and Dietetics	10	3
1B.1	The Nursing Profession	4	4
1B.2I	The nursing progress - a problem solving approach in nursing	2	2
1B.2II(1)	Essential nursing techniques in clinical settings for safe practice - Ensuring a safe and comfortable environment for care (Ward/clinical unit)	16	2
1B.2II(2-4)	Essential nursing techniques in clinical settings for safe practice - Maintenance and promotion of occupational safety and health; Documentation and reporting of care; Helping the client meet the basic need of living	147	147
1B.2II(5-7)	Essential nursing techniques in clinical settings for safe practice - (Principles of First Aid)	25	8
1B.2III(4)	Principles and Practice of Nursing – Rehabilitative Nursing	16	12
1B.2III(10)	Principles and Practice of Nursing – Public Health and Community Nursing	40	9
1B.2III(12)	Principles and Practice of Nursing – Chinese Medicinal Nursing and Complementary and Alternative Medicine	40	20
1C.(1-2)	Legal and Ethical Issues	40	12
1D	Communication	20	6
1F	Information Technology in Nursing and Health Care	20	6
2A	Education Theories and Methods	10	3
2B	Concepts of Health, Health Education and Health Promotion	40	12
3C	Health Care Policies	15	4
5B	Professional Development	2	2
5C	Establishing and Maintaining Nursing as a Profession	6	2

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