



South African Nursing Council

(Under the provisions of the Nursing Act, 2005)

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DIRECTIVE FOR THE CERTIFICATE FOR ENROLMENT AS A NURSE

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**DIRECTIVE FOR THE CERTIFICATE FOR
ENROLMENT AS A NURSE**

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Part A

6.1 Common Basic Course

Part B

6.2 Elective Courses (**one** of the following elective courses to be done)

6.2.1 General Nursing Care

or

6.2.2 Nursing Care of the Aged

or

6.2.3 Nursing Care of Mentally Retarded Persons

or

6.2.4 Community Nursing Care

or

6.2.5 Psychiatric Nursing Care

1 INTRODUCTION: GENERAL PHILOSOPHY FOR THE EDUCATION AND TRAINING OF NURSES

OBJECTS OF THE SOUTH AFRICAN NURSING COUNCIL

The objects of the South African Nursing Council are determined in section 3 of the Nursing Act, Act No. 50 of 1978.

"3. The objects of the council shall be -

- (a) to assist in the promotion of the health standards of the inhabitants of the Republic;
- (b) subject to the provisions of the Chiropractors Act, 1971 (Act No. 76 of 1971)*, the Homeopaths, Naturopaths, Osteopaths and Herbalists Act, 1974 (Act No. 52 of 1974), the Pharmacy Act, 1974 (Act No. 53 of 1974), and the Medical, Dental and Supplementary Health Service Professions Act, 1974 (Act No. 56 of 1974), to control, and to exercise authority in respect of, all matters affecting the education and training of, and the manner of the exercise of the practices pursued by, registered nurses, midwives, enrolled nurses and nursing assistants;
- (c) to promote liaison of the education and training, and the manner of the exercise of such practices in the Republic;
- (d) to advise the Minister of any matter falling within the scope of this Act;
- (e) to communicate to the Minister information on matters of public importance acquired by the council in the course of the performance of its functions under this Act."

2 DEFINITION OF NURSING CARE

Nursing care relates to those actions carried out by nurses which aim to assist persons at any period in the life-span to meet, appropriately, their varied needs of daily living when they are unable to do so themselves, generally because of factors interfering with their health. It includes preventive, promotive, curative and rehabilitative health aspects. In the case of the enrolled nurse these actions are carried out within the parameters of the regulations regarding the scope of practice of enrolled nurses.

* Substituted by the Associated Health Service Professions Act, 1982 (Act 63 of 1982).

3

EDUCATION AND TRAINING OF THE ENROLLED NURSE

Council emphasizes that the education and training shall be directed specifically at the development of the nurse on a personal and a vocational level and that the principles of learning be observed, namely that learning leads to behaviour change in the cognitive (mental), affective (interpersonal and emotional) and psycho-motor (technical) aspects, through active involvement of the pupil.

- 3.1 The Nursing Act (including the regulations regarding the scope of practice and the conduct of enrolled nurses) and other statutory and common law applicable to nursing, shall be taught at an applied level throughout the training.

The importance of reading and understanding legislation applicable to her practice shall be stressed.

- 3.2 Pupils must be taught the role of the enrolled nurse in the health services.

- 3.3 The co-operation of the enrolled nurse with other members of the nursing profession, with the medical profession and with co-workers in other professional disciplines in the team approach to patient care must be emphasised throughout.

- 3.4 Explanatory Notes:

- 3.4.1 A learning opportunity includes, for example, lectures, projects, clinical education, clinical practica and field work.

- 3.4.2 A learning experience is a learning opportunity used by the student.

- 3.4.3 An objective is a specific description of measurable behaviour required from somebody at a given stage. Stage objectives are objectives which should be achieved at various periods during a programme. The programme may, for instance, be divided into stages of one year each; stage-one objectives would then stipulate what the student should be able to do at the end of the first year. Terminal (or programme) objectives are the general objectives for the entire programme and they are prescribed by the South African Nursing Council in the regulations.

- 3.5 Teaching periods include group clinical demonstrations, seminars, symposiums, group discussions, group project work and self-study modules

- 3.5.1 A teaching period extends over at least 40 minutes.

- 3.5.2 If it is desired that instruction be given by a person holding a qualification not mentioned below, application must be made to the Council.

4 PROGRAMME OBJECTIVES

The curriculum shall provide for personal and vocational development of the pupil so that, on completion of the course, she:

- 4.1 recognises, and demonstrates respect for, the dignity and worth of man;
- 4.2 appreciates how social and cultural influences as well as physical circumstances have a bearing on human behaviour and health;
- 4.3 demonstrates an understanding of the Nursing Act (including the regulations regarding the scope of practice and the conduct of enrolled nurses) as well as other statutory legislation and aspects of common law applicable to nursing;
- 4.4 abides by the ethical and moral codes governing nursing and has the insight to practise safely and take ethical decisions within the bounds of applicable legislation and her scope of practice;
- 4.5 accepts that nursing is involved with man from before birth;
- 4.6 understands the principles of comprehensive health care and recognises the place of the enrolled nurse in the team providing such care;
- 4.7 demonstrates willingness to co-operate with other team members;
- 4.8 is able to implement nursing actions for individuals or groups as part of the nursing regimen planned by a registered nurse or midwife with particular reference to the following basic human needs:
 - emotional, social and religious
 - movement and exercise
 - hygiene
 - comfort, rest, sleep and relaxation
 - nutritional
 - safety
 - excretory
 - homeostatic
 - learning
 - sexuality
 - personal identity;
- 4.9 is able to institute first aid measures;
- 4.10 recognises and carries out her role and responsibility in respect of teaching co-workers and patients.

5

CLINICAL TRAINING

Clinical training shall extend over at least 2 000 hours and afford learning opportunities in the practical situation which are appropriate to the content of both the common basic core and the elective components of the curriculum.

(See explanatory notes on page 2).

6

COURSE CONTENT

PART A:

- 6.1 COMMON BASIC COURSE (210 periods)
- 6.1.1 NURSING HISTORY AND ETHICS (10 periods) (registered nurse)
- 6.1.1.1 Overview of nursing history.
- 6.1.1.2 Present day nursing.
- 6.1.1.3 The health service team.
- 6.1.1.4 The role of the enrolled nurse in the health service team.
- 6.1.1.5 Nursing etiquette.
- 6.1.1.6 Vocational responsibilities of the enrolled nurse in respect of:
- patients
 - co-workers
 - employer
 - nursing profession (including S A Nursing Council and the S A Nursing Association).
- 6.1.1.7 The interpretation and implementation of regulations governing the scope of practice and conduct of the enrolled nurse.
- 6.1.1.8 Code of ethics.
- 6.1.2 NURSING CARE (70 periods) (registered nurse)
- 6.1.2.1 The systematic approach to nursing care.
- 6.1.2.2 Essentials for meaningful daily living as listed under 4.8 in the programme objectives.
- 6.1.2.3 Classification and causes of illness and disability.

- 6.1.2.4 Basic nursing skills (including positive attitudes, talking, listening and observing).
- 6.1.2.5 Basic nursing care of the infant, the child, the adult and the elderly, well, ill and dying.
- 6.1.2.6 Medico-legal aspects related to her practice.

- 6.1.3 MEDICINE AND MEDICATION (10 periods) (registered nurse)
 - 6.1.3.1 Terminology and classification of medicine and medication.
 - 6.1.3.2 Administration of medicine and record keeping.
 - 6.1.3.3 Recognition of side effects and appropriate action.
 - 6.1.3.4 Safekeeping and storage of medicines including schedule 5, 6 and 7 medicines.
 - 6.1.3.5 Scheduling of medicines.

- 6.1.4 NUTRITION (10 periods) (registered nurse)
 - 6.1.4.1 Basic food constituents.
 - 6.1.4.2 Normal energy requirements.
 - 6.1.4.3 Composition of a balanced diet for all age groups.
 - 6.1.4.4 Cultural and religious aspects influencing diet.

- 6.1.5 FIRST AID (20 periods) (a registered nurse or a suitably qualified person)
 - 6.1.5.1 General principles of all aspects of first aid.
 - 6.1.5.2 Accident prevention with special emphasis on children and the aged.
 - 6.1.5.3 An emergency delivery and immediate care of the newborn baby.
 - 6.1.5.4 Cardio-pulmonary resuscitation.

- 6.1.6 INTRODUCTION TO COMPREHENSIVE HEALTH CARE (20 periods) (registered nurse)
 - 6.1.6.1 Introduction to the concepts primary, secondary and tertiary prevention.
 - 6.1.6.2 The seven basic elements of a comprehensive health service.

6.1.6.3 Prevalent communicable diseases: recognition, nursing care and prevention of spread (including barrier nursing care).

6.1.6.4 Family planning:
(a) the advantages for the mother, child, family and community;
(b) orientation to methods;
(c) authorities offering the service.

6.1.6.5 Dental and oral hygiene.

6.1.7 BASIC SCIENCES (70 periods) (registered nurse)

6.1.7.1 Elementary Anatomy and Physiology (40 periods)

Elementary anatomy and physiology at an applied level related to medical and surgical conditions and associated nursing skills.

6.1.7.2 Micro-organisms and parasites (10 periods) (registered nurse)

- (a) classification of micro-organisms and parasites;
- (b) principles of asepsis;
- (c) prevention of infection, infestation and cross-infection;
- (d) methods of sterilization, disinfection and disinfestation.

6.1.7.3 Elementary Applied Social Sciences (20 periods) (registered nurse)

- (a) the normal physical, psychological and social development of man;
- (b) man in his personal, social and cultural context;
- (c) psychology of the sick-bed;
- (d) the role of the enrolled nurse in the emotional support of the patient and his relatives.

Note: All the nursing actions specified and implied above shall be taught and carried out within the parameters of the regulations relating to the scope of practice of the enrolled nurse.

PART B

6.2 ELECTIVE COURSES

Only ONE of the following courses to be done:

6.2.1 GENERAL NURSING CARE (125 periods)

6.2.1.1 BASIC NURSING CARE (100 periods) (registered nurse)

- (a) A systematic approach to the nursing care of patients with medical conditions prevalent in the Republic of South Africa and patients before/after surgical intervention related to all systems of the body.
- (b) Basic nursing skills related to medical and surgical patient situations:
 - (i) emergency treatment and lifesaving interventions;
 - (ii) preparation of patients for diagnostic procedures, investigations, treatments and surgery;
 - (iii) administration of medicine;
 - (iv) application of interpersonal skills for effective support of specific patients and handling of crisis situations;
 - (v) patient and peer teaching.
- (c) Observations and identification of the needs of such patients for nursing care in relation to:
 - (i) the essentials for meaningful daily living and the specific needs which arise due to the illness or operation;
 - (ii) the different age groups (see 6.1.2.5).
- (d) Skills related to the performance of nursing actions in accordance with the identified needs within the framework of the set care-plan for a specific patient.

Note: All the nursing actions specified and implied above shall be taught and carried out within the parameters of the regulations of the scope of practice of the enrolled nurse.

6.2.1.2 NUTRITION (15 periods) (registered nurse)

Nutrition in relation to patients of all age groups with specific diseases and surgical conditions.

6.2.1.3 TASKS RELATED TO WARD ORGANISATION (10 periods) (registered nurse)

- (a) Ordering and safekeeping of certain ward supplies (e.g. linen, groceries, cleaning materials) and the economical use thereof.
- (b) Writing, reading and interpretation of patient reports/records.
- (c) Care and safekeeping of patients' property.
- (d) Hospital and ward economy.
- (e) Safety hazards in the ward/unit/home.

- (f) Orderly planning and utilisation of time, supplies and equipment.
- (g) Security risks.
- (h) Duties during a local disaster situation.

OR

6.2.2 ELECTIVE NURSING CARE OF THE AGED (125 periods)

6.2.2.1 BASIC NURSING CARE OF THE AGED (100 periods) (registered nurse)

- (a) A systematic approach to the nursing care of the aged related to the effects of ageing on all the systems of the body.
- (b) Observation and the identification of needs of the aged (at home or in institutions) for nursing care in relation to the essentials for meaningful daily living and the specific needs which arise due to illnesses prevalent among the aged in the Republic of South Africa.

Note: Special attention shall be given to the need for physical and emotional safety.

- (c) Skills related to the performance of nursing actions in accordance with the identified needs, within the parameters of the set care-plan for a specific person.
- (d) Basic nursing skills, with particular reference to their application in respect of the aged, related to:
 - (i) administration of medicine;
 - (ii) application of interpersonal skills for effective communication and support of specific persons and fostering self respect in the aged;
 - (iii) emergency treatment and lifesaving interventions;
 - (iv) patient, family and peer teaching;
 - (v) prevention and management of personality changes, depression, hostility, loss of memory, senile deterioration and confusion.

Note: All the nursing actions specified and implied above shall be taught and carried out within the parameters of the regulations relating to the scope of practice of the enrolled nurse.

- (e) Services and facilities for the care of the aged in the community, and applicable legislation.

6.2.2.2 NUTRITION (15 periods) (registered nurse)

- (a) Health education in relation to nutritional problems commonly occurring among the aged;
- (b) Nutrition related to persons with specific conditions (e.g. disease or circumstance related).

6.2.2.3 TASKS RELATED TO WARD/UNIT ORGANISATION (10 periods) (registered nurse)

- (a) Ordering and safekeeping of supplies (e.g. linen, groceries, cleaning material) and the economical use thereof.
- (b) Writing, reading and interpretation of patient reports/records.
- (c) Orderly planning and utilization of time, supplies and equipment.
- (d) Safety hazards in ward/unit/home.
- (e) Security risks.
- (f) Duties during a local disaster situation.
- (g) Care and safekeeping of patients' property.

OR

6.2.3 NURSING CARE OF MENTALLY RETARDED PERSONS (125 periods)

6.2.3.1 BASIC NURSING CARE (100 periods) (registered nurse)

- (a) Definition, classification and developmental characteristics of mentally retarded persons.
- (b) Causes of mental retardation and characteristics of specific physical abnormalities.
- (c) A systematic approach to the nursing care of persons of all age groups who are mentally retarded.
- (d) Basic nursing skills related to persons who are mentally retarded:
 - (i) stimulation and training to develop independence as far as possible to cope with the normal activities of daily living;
 - (ii) treatment, methods and management of behavioural problems within the framework of the set care-plan;

- (iii) Nursing care of mentally retarded persons:
 - (aa) physical, psychological, social and emotional;
 - (bb) therapeutic approaches to mentally retarded persons:
 - therapeutic skills
 - one-to-one relationships
 - group activities
 - creating a therapeutic milieu;
- (iv) administration of medication;
- (v) emergency treatment and lifesaving interventions;
- (vi) patient and peer teaching.

(e) Comprehensive care of mentally retarded persons

- (i) Prevention of mental retardation: Primary, secondary and tertiary prevention.
- (ii) Institutional versus home care.
- (iii) Facilities available to mentally retarded persons and their families.
- (iv) Prevention of accidents in homes and institutions.
- (v) Relevant legislation.
- (vi) Skills related to the performance of nursing actions in accordance with the identified needs within the framework of the set care-plan for a specific patient taking into consideration the impact of mental retardation on the person, the family and community.

Note: All the above actions shall be carried out within the parameters of the regulations for the scope of practice of the enrolled nurse.

6.2.3.2 NUTRITION (15 periods) (registered nurse)

Nutrition in relation to patients of all age groups who are mentally retarded.

6.2.3.3 TASKS RELATED TO WARD ORGANISATION (10 periods) (registered nurse)

- (a) Ordering and safekeeping of supplies (e.g. linen, groceries, cleaning material) and the economical use thereof.
- (b) Writing, reading and interpretation of patient reports/records.
- (c) Care and safekeeping of patients' property.
- (d) Hospital and ward economy.

- (e) Security risks.
- (f) Duties during a local disaster situation.
- (g) Safety hazards in ward/unit/home.
- (h) Orderly planning and utilisation of time, supplies and equipment.

OR

6.2.4 COMMUNITY NURSING CARE (125 periods)

6.2.4.1 COMMUNITY HEALTH CARE (40 periods) (registered nurse, preferably with an additional qualification in community nursing science)

The following shall be taught within the context of the comprehensive health service policy of the Republic of South Africa:

(a) Environmental hygiene

Environmental hygiene related to:

- (i) housing;
- (ii) sewage and waste disposal;
- (iii) water supply;
- (iv) working areas and industrial sites;
- (v) school premises;
- (vi) atmosphere;

(b) Family health care

- (i) mother and child care including
 - (aa) motivation for family planning;
 - (bb) ante-natal care
 - (cc) basic care during labour and delivery;
 - (dd) post-natal care;
 - (ee) well-baby care;
- (ii) care of the school-going child and the adolescent;
- (iii) care of the worker;
- (iv) care of the aged;
- (v) care of the physically and mentally handicapped person in the community;
- (vi) knowledge of the community resources and services available to families;

(c) Personal health care

- (i) the principles of control of communicable diseases including immunization procedures and schedules;

- (ii) principles of community control and health services available e.g. for the following conditions:
 - (aa) tuberculosis;
 - (bb) sexually transmitted diseases;
 - (cc) bilharzia;
 - (dd) malaria;
 - (ee) worm-infestations;
 - (ff) cholera;
- (iii) nursing actions related to the regular follow-up in the community of patients with chronic conditions (e.g. diabetes mellitus, hypertension, chronic lung and cardiac conditions);

(d) Health education

Planning, presentation and follow-up of health education activities.

6.2.4.2 NUTRITION (15 periods) (registered nurse)

- (a) Health education in relation to malnutrition and dietary deficiencies and the optimal use of available nutrients;
- (b) Nutrition related to persons with specific conditions (e.g. diabetes mellitus, hypertension).

Note: Nutritional aspects of the above in relation to all age groups.

6.2.4.3 NURSING CARE IN THE COMMUNITY (60 periods) (registered nurse, preferably with an additional qualification in community nursing science)

- (a) A systematic approach to the nursing care in the community of persons with common disease-conditions with particular emphasis on prevention, early detection and rehabilitation as well as the needs of persons in the various age groups (excluding communicable disease).
- (b) Basic nursing skills related to community nursing situations:
 - (i) emergency treatment and lifesaving interventions;
 - (ii) administration of medicine;
 - (iii) application of interpersonal skills for effective support of specific patients and handling of crisis situations;
 - (iv) patient and peer teaching.

- (c) Observation and identification of the needs of such patients for nursing care in relation to
 - (i) the essentials for meaningful daily living and the specific needs which arise due to the illness or operation;
 - (ii) the different age groups.
- (d) Skills related to the performance of nursing actions in accordance with the identified needs within the framework of the set care-plan for such patients.

Note: All the above actions shall be carried out within the parameters of the regulations for the scope of practice of the enrolled nurse.

6.2.4.4 TASKS RELATED TO CLINIC ORGANISATION (10 periods) (registered nurse)

- (a) Ordering and safekeeping of certain clinic supplies (e.g. linen, groceries, cleaning material) and the economical use thereof.
- (b) Writing, reading and interpretation of patient reports/records.
- (c) Orderly planning and utilization of time, supplies and equipment.
- (d) Safety hazards in clinic/community/patient's home.
- (e) Security risks.
- (f) Duties during a disaster situation.
- (g) Care and safekeeping of patient's property.

OR

6.2.5 PSYCHIATRIC NURSING CARE (125 periods)

6.2.5.1 BASIC NURSING CARE (100 periods) (registered nurse)

- (a) Definition and characteristics of mental health and mental illness.
- (b) The identifying characteristics of emotional, behavioural and thought disorders.
- (c) A systematic approach to the nursing care of persons of all age groups who are mentally ill.
- (d) Basic nursing skills related to persons who are mentally ill:
 - (i) ethical aspects with regard to psychiatric nursing care;

- (ii) treatment methods of mentally ill persons within the framework of the set care-plan;
 - (iii) therapeutic communication skills:
 - Pre-requisites
 - self knowledge;
 - attitudes (acceptance and caring).
 - Communication skills
 - hearing, seeing and responding.
 - (iv) nursing care of psychiatric patients:
 - (aa) physical, psychological, social and emotional;
 - (bb) therapeutic approaches to mentally ill persons:
 - therapeutic skills
 - one-to-one relationships;
 - group activities;
 - creating a therapeutic milieu;
 - (cc) application of interpersonal skills for effective support of specific patients and handling of crisis situations;
 - (v) patient and peer teaching;
 - (vi) administration of medication: Identification of side-effects and appropriate action including reporting;
 - (vii) first aid - specifically related to the psychiatric patient;
 - (viii) emergency treatment and lifesaving interventions.
- (e) Observation and identification of the needs of mentally ill persons to implement nursing care in relation to:
- the essentials for meaningful daily living and the specific needs which arise due to the illness;
 - the different age groups (see 6.1.2.5).
- (f) Skills related to the performance of nursing actions in accordance with the identified needs within the framework of the set care-plan.
- Note: All the above actions shall be carried out within the parameters of the regulations of the scope of practice of the enrolled nurse.
- (g) Comprehensive care of mentally ill persons
- (i) Prevention of mental illness: Primary, secondary and tertiary.
 - (ii) Institutional versus home care.
 - (iii) Facilities available to mentally ill persons and their families.
 - (iv) Prevention of accidents in homes and institutions.
 - (v) Relevant legislation.

6.2.5.2 NUTRITION (15 periods) (registered nurse)

Nutrition in relation to patients who are mentally ill.

6.2.5.3 TASKS RELATED TO WARD ORGANISATION (10 periods) (registered nurse)

- (a) Ordering and safekeeping of certain ward supplies (e.g. linen, groceries, cleaning material) and the economical use thereof.
- (b) Writing, reading and interpretation of patient reports/records.
- (c) Care and safekeeping of patients' property.
- (d) Hospital and ward economy.
- (e) Security risks.
- (f) Duties during a local disaster situation.
- (g) Safety hazards in ward/unit/home.
- (h) Orderly planning and utilisation of time, supplies and equipment.

7 EXAMINATION

The examination will consist of the following:

7.1 A written paper of three (3) hours duration;

The candidate shall answer five (5) questions of 20 marks each

- 3 questions from the common basic core Part A;
- 2 questions from ONE of the electives in Part B.

7.2 An oral and clinical examination conducted by the school.

7.3 To pass, a candidate shall obtain at least fifty (50) per cent in the aggregate marks. Thirty three and one third (33 1/3) per cent of such aggregate shall be allocated to the oral and practical examination.

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