



## **South African Nursing Council**

(Under the provisions of the Nursing Act, 2005)

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# **TEACHING GUIDE FOR THE PROGRAMME LEADING TO ENROLMENT AS A NURSE**

**Regulation**

**R.2175**

**1993 Guide**

**Date**

**19/11/1993**

**This teaching guide MUST be read in conjunction with –**

**The Philosophy and Policy  
of the South African Nursing Council  
with regard to  
Professional Nursing Education**

PROGRAMME LEADING TO ENROLMENT AS A NURSE

1. SUBJECTS AND SUBJECT CONTENT

The following are the minimum requirements of the Council with regard to subject content and shall be read in conjunction with the regulations relating to the scope of practice of persons who are registered or enrolled under the nursing Act, 1978, published under Government Notice No R. 2598 of 30 November 1984, as amended.

FIRST YEAR (180 periods)

1.1 NURSING HISTORY AND ETHICS (10 periods)

- The interpretation and implementation of regulations governing the scope of practice and conduct of the enrolled nurse.
- Overview of nursing history.
- Present day nursing and the place of the enrolled nurse in the nursing team.
- Current issues influencing the nursing profession.
- The health service team (including lay health workers).
- Nursing etiquette.
- Responsibilities of the enrolled nurse in respect of:
  - \* patients
  - \* co-workers
  - \* employer
  - \* the S A Nursing Council
- Code of ethics: The realization of ethical principles in nursing situations.

1.2 BASIC NURSING CARE (90 periods)

- The systematic approach to the implementation and recording of nursing care within the context of the nursing process.
- Essentials for meaningful daily living.
- Causes of illness and disability.
- Basic nursing skills and procedures including positive attitudes, talking, listening and observing.
- Basic nursing care of the well, ill and dying person.

- Medico-legal and safety aspects related to her practice in respect of the patient and his environment.
- Terminology and classification of medicine and medication.
- Policy and legislation in respect of medicines.
- Elementary anatomy and physiology at an applied level related to basic nursing skills and care. (20 periods)

1.3 ELEMENTARY NUTRITION (10 periods)

- Basic food constituents.
- Normal energy requirements for all age groups.
- Composition of a balanced diet for all age groups.
- Cultural and religious aspects influencing nutrition.
- The effect of illness on eating patterns.
- Prevention of nutritional deficiency diseases.
- Food hygiene

1.4 FIRST AID (20 periods)

- General principles of all aspects of first aid.
- Accident prevention with special emphasis on children and the aged.
- An emergency delivery and immediate care of the mother and newborn baby.
- Cardio-pulmonary resuscitation.

1.5 INTRODUCTION TO COMPREHENSIVE HEALTH CARE (50 periods)

- Introduction to the concepts primary, secondary and tertiary prevention.
- The basic elements of a comprehensive health service.
- Aspects of importance in home visits.
- Classification of micro-organisms and parasites.
- Prevention of infection, infestation and cross-infection.
- Principles of asepsis.

- Methods of sterilization, disinfection and decontamination.
- Hygiene:
  - \* personal (including dental and oral)
  - \* environmental
  - \* hospital
- Principles of health education and patient teaching.
- Prevalent communicable diseases: recognition and prevention of spread (including barrier nursing care).
- Sexually transmitted diseases with special reference to Acquired Immuno-deficiency Syndrome (AIDS).
- Responsibility with regard to:
  - \* maintenance of statistical data
  - \* registration of births and deaths.
- Family planning:
  - \* the advantages for the mother, child, family and community.
  - \* orientation to available methods (i.e. detailed knowledge is not required)
  - \* local services available.

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.

SECOND YEAR (180 periods)

1.6 BASIC SCIENCES FUNDAMENTAL TO BASIC PATIENT CARE (45 periods)

- Anatomy and Physiology (20 periods)  
Elementary anatomy and physiology at an applied level related to medical and surgical conditions and associated nursing skills.
- Applied Social Sciences (25 periods)
  - \* the normal physical, spiritual, psychological, emotional and social development of man;
  - \* man in his personal, social and cultural context;
  - \* psychology of the sick-bed;
  - \* the emotional support of the patient and his relatives.

## 1.7 ELECTIVE COURSES

Only ONE of the following courses to be done:

### 1.7.1 GENERAL NURSING CARE (135 periods)

Note: The subject matter should be taught in an integrated manner and at a level in accordance with the regulations relating to the scope of practice of the enrolled nurse, taking cognisance of the contemporary factors influencing the practice of the nurse.

- Basic nursing care and professional practice (100 periods)
  - \* A scientific approach to the nursing care of patients with diseases, disabilities, surgical or traumatic conditions most prevalent in the Republic of South Africa.
  - \* Specific nursing skills including:
    - . emergency treatment and lifesaving interventions.
    - . preparation of patients for diagnostic procedures, investigations, treatments and surgery.
    - . application of interpersonal skills for effective support of specific patients and handling of crisis situations.
    - . patient and peer group teaching.
    - . record-keeping and interpretation of patient reports/ records.
  - \* Services and facilities for the care of patients in the community.
  - \* Relevant legislation
- Nutrition (15 periods)
  - \* Nutrition in relation to patients of all age groups with specific nutritional needs.
- Aspects related to ward organisation (10 periods)
  - \* Supplies and equipment
    - . orderly planning, ordering, safe-keeping and utilisation
    - . economical use
  - \* Patients' property
    - . care and safekeeping
  - \* Hospital and ward economy
    - . orderly planning
    - . utilisation of time
  - \* Security risks
  - \* Safety and medico-legal hazards
  - \* Local disaster situations
    - . duties of the enrolled nurse

- Medicine and medication (10 periods)

- \* Introduction to the principles of Pharmacology
- \* Medicine and medication at an applied level related to General Nursing Care.
- \* Recognition of side-effects, appropriate action and patient education in this regard.

OR

1.7.2 NURSING CARE OF THE AGED (135 periods)

Note: The subject matter should be taught in an integrated manner and at a level in accordance with the regulations relating to the scope of practice of the enrolled nurse, taking cognisance of the contemporary factors influencing the practice of the nurse.

- Basic nursing care of the aged and professional practice (100 periods)

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

- \* A scientific approach to the nursing care of the elderly related to the effects of ageing, illness, retardation and trauma on all the systems of the body.
- \* Specific nursing skills, including:
  - . application of interpersonal skills for effective communication and support of specific persons and fostering self respect in the aged;
  - . emergency treatment and lifesaving interventions;
  - . patient, family and peer group teaching;
  - . prevention / minimising and management of personality changes, depression, hostility, loss of memory, senile deterioration and confusion.
  - . record-keeping and interpretation of patient reports/ records
- \* Services and facilities for the care of the aged in the community, and applicable legislation.
- \* Relevant legislation.

- Nutrition (15 periods)

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

- Aspects related to ward organisation (10 periods)

- \* Supplies and equipment
  - . orderly planning, ordering, safe-keeping and utilisation
  - . economical use
- \* Patients' property
  - . care and safekeeping
- \* Hospital and ward economy
  - . orderly planning
  - . utilisation of time
- \* Security risks
- \* Safety and medico-legal hazards
- \* Local disaster situations
  - . duties of the enrolled nurse

- Medicine and medication (10 periods)

- \* Introduction to the principles of Pharmacology.
- \* Medicine and medication at an applied level related to nursing care of the aged.
- \* Recognition of side-effects, appropriate action and patient teaching in this regard.
- \* Problems associated with medication in the elderly.

OR

1.7.3 NURSING CARE OF MENTALLY RETARDED PERSONS (125 periods)

Note: The subject matter should be taught in an integrated manner and at a level in accordance with the regulations relating to the scope of practice of the enrolled nurse, taking cognisance of the contemporary factors influencing the practice of the nurse.

- Basic nursing care of mentally retarded persons and professional practice (100 periods)

- \* A scientific approach to the nursing care of mentally retarded persons of all age groups.
- \* Prevention of mental retardation; primary, secondary and tertiary prevention and education.
- \* Causes and classification of mental retardation.
- \* Developmental characteristics of mentally retarded persons.
- \* Specific nursing skills including:
  - . psycho-motor and cognitive stimulation of mentally retarded persons
  - . evaluation of the mentally retarded person
  - . management of behaviour problems within the framework of the set care plan
  - . maintaining a therapeutic environment
  - . emergency treatment and life-saving interventions
  - . patient and peer group teaching
  - . record-keeping and interpretation of patient reports/records.



- \* Utilising the facilities available to mentally retarded persons and their families.
- \* Relevant legislation.
- Nutrition (15 periods)
  - \* Nutrition in relation to patients of all age groups who are mentally retarded.
- Aspects related to ward organisation (10 periods)
  - \* Supplies and equipment
    - . orderly planning, ordering, safe-keeping and utilisation
    - . economical use
  - \* Patients' property
    - . care and safekeeping
  - \* Hospital and ward economy
    - . orderly planning
    - . utilisation of time
  - \* Security risks
  - \* Safety and medico-legal hazards
  - \* Local disaster situations
    - . duties of the enrolled nurse
- Medicine and medication (10 periods)
  - \* Introduction to the principles of Pharmacology
  - \* Medicine and medication at an applied level related to nursing care of mentally retarded persons.
  - \* Recognition of side-effects, appropriate action and patient/parent/carer teaching in this regard.

OR

#### 1.7.4 COMMUNITY NURSING CARE (135 periods)

Note: The subject matter should be taught within the context of the comprehensive health service policy of the Republic of South Africa in an integrated manner and at a level in accordance with the regulations relating to the scope of practice of the enrolled nurse, taking cognisance of the contemporary factors influencing the practice of the nurse.

- Basic nursing care in the community and professional practice (100 periods)
  - \* Community health care
    - . A scientific approach to health maintenance in the community with particular emphasis on the promotion of health, the prevention and early detection of diseases most prevalent in the RSA, and appropriate rehabilitation.

Factors affecting the health of the community

- Environmental factors:
  - \* urbanisation and inadequate housing
  - \* sewage and waste disposal
  - \* water supply
  - \* pollution
  - \* community disruption
- Personal health care
  - \* principles of control of communicable diseases including immunization procedures and schedules
  - \* principles of community control and health services available e.g. for the following conditions:
    - tuberculosis
    - sexually transmitted diseases with emphasis on AIDS
    - bilharzia
    - malaria
    - worm infestations
    - cholera
- \* Community nursing care
  - . A scientific approach to the nursing care in the community of patients with or threatened by disease conditions most prevalent in the RSA
  - . Specific nursing skills including:
    - emergency treatment and lifesaving interventions
    - application of interpersonal skills for effective support of specific patients and handling of crisis situations, e.g. overcrowding, violence and inadequate housing
    - patient, community and peer group teaching and health education
    - record-keeping and interpretation of patient reports/ records
    - utilization of community resources and services available
    - mother and child care including:
      - implementation of GOBIFFF
      - ante-natal care
      - basic care during labour and delivery
      - post-natal care
      - well-baby care
    - care of the following in the community:
      - pre-school child
      - school-going child and adolescent
      - the adult/worker
      - the aged
      - the physically and mentally handicapped person
      - patients with chronic conditions (e.g. diabetes mellitus, hypertension, chronic lung, rheumatic and cardiac conditions)

- Nutrition (15 periods)

- \* Health education in relation to malnutrition and nutritional deficiencies and the optimal use of available nutrients
- \* Early identification, advice, support and referral where appropriate, of persons with nutritional deficiencies.
- \* Nutrition related to persons with specific conditions (e.g. diabetes mellitus, hypertension, protein-energy malnutrition)
- \* Storage, handling, preparation and production of food.
- \* Subsidised feeding schemes.

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

- Aspects related to clinic organisation (10 periods)

- \* Supplies and equipment
  - . orderly planning, ordering, safe-keeping and utilisation
  - . economical use
- \* Patients' property
  - . care and safekeeping
- \* Clinic economy
  - . orderly planning (including travelling and home visits)
  - . utilisation of time
- \* Security risks
- \* Safety and medico-legal hazards
- \* Local disaster situations
  - . duties of the enrolled nurse

- Medicine and medication (10 periods)

- \* Introduction to the principles of Pharmacology
- \* Medicine and medication at an applied level related to minor ailments specific to the community.
- \* Recognition of side-effects, appropriate action and patient education in this regard.

OR

1.7.5 PSYCHIATRIC NURSING CARE (135 periods)

Note: The subject matter should be taught in an integrated manner and at a level in accordance with the regulations relating to the scope of practice of the enrolled nurse, taking cognisance of the contemporary factors influencing the practice of the nurse.

- Basic psychiatric nursing care and professional practice (100 periods)
  - \* Mental health
    - . A scientific approach to the maintaining of mental health with specific emphasis on the promotion of mental health and the prevention of mental illness in the Republic of South Africa.
    - . Causes of mental illness.
    - . Mental health education.
    - . Facilities available to mentally ill persons in the community.
  - \* Psychiatric nursing care
    - . A scientific approach to the nursing care of persons of all age groups suffering from mental illness most prevalent in the RSA.
    - . Classification of mental illness.
    - . Specific psychiatric nursing skills including:
      - therapeutic communication skills
      - application of interpersonal skills for effective emotional support of mentally ill patients and their families
      - group activities
      - maintaining a therapeutic environment
      - preparation, support and after-care of persons undergoing physical treatment
      - record-keeping and interpretation of patient reports/records.
      - observing and reporting in team context
      - emergency treatment and lifesaving interventions
      - patient and peer group teaching
    - . Relevant legislation.
- Nutrition (15 periods)
  - \* Nutrition in relation to patients who are mentally ill.
- Aspects related to ward organisation (10 periods)
  - \* Supplies and equipment
    - . orderly planning, ordering, safe-keeping and utilisation
    - . economical use
  - \* Patients' property
    - . care and safekeeping
  - \* Hospital and ward economy
    - . orderly planning
    - . utilisation of time
  - \* Security risks
  - \* Safety and medico-legal hazards
  - \* Local disaster situations
    - . duties of the enrolled nurse

- Medicine and medication (10 periods)
  - \* Introduction to the principles of Pharmacology
  - \* Medicine and medication at an applied level with specific reference to psychotropic drugs.
  - \* Recognition of side-effects, appropriate action and patient teaching in this regard.

## 2. PRACTICE GUIDELINES

- 2.1 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 relevant to her practice shall be stressed, as well as the necessity to practise accordingly.

- 2.2 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 and in the community, in the team approach to patient care must be emphasized throughout.
- 2.3 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. This implies that the pupil should be exposed to learning opportunities in both components, which may include primary and/or secondary and/or tertiary service situation(s).
- 2.4 Health education shall be emphasized and integrated throughout the entire programme.
- 2.5 Teaching shall be directed at enabling the pupil to acquire competencies with regard to:
- 2.5.1 Respect for patients
    - basic competencies in communication and interpersonal skills.
  - 2.5.2 Supporting and promoting patients' rights in care
    - basic values including supporting patients in exercising freedom of choice, their rights and their beliefs.
  - 2.5.3 Assisting patients to achieve emotional stability
    - help and support patients so that their stress is minimised and so they can rest and relax.
  - 2.5.4 Contributing to the care of a deceased person
    - the preparation and transfer of a deceased person.

2.5.5 Contributing to the optimal delivery of care

- basic task management and health promotion.

2.5.6 Supporting the patient and assist the professional during activity programmes

- Assist with specific activity programmes for patient development.

2.5.7 Supporting the patient and assisting the registered nurse during clinical investigation and treatment programmes

- work alongside the registered nurse or under her indirect supervision.

2.5.8 Assisting patients to maintain and improve their mobility

- assist patients to exercise and use mobility appliances.

2.5.9 Assisting patients to maintain their personal hygiene and appearance

- assist patients in the maintenance of their hygiene, grooming and appearance.

2.5.10 Assisting patients to participate in recreational activities

- encourage patients to take an interest and be involved in recreational/play activities.

2.5.11 Supporting patients in developing personal identity and relationships

- support patients to develop their personal identity through living as a member of a social group, developing new friendships.

2.5.12 Supporting patients and carers in a home environment with regard to basic care

- assist patients and carers with the patient's return, assist in the provision of aids and support, and support the carer once the patient is at home.
- identify patients with problems, advise, assist and refer patients as necessary.

2.5.13 Supporting patients in the management of domestic and personal resources

- assist patients who need help managing domestic or personal resources.

2.5.14 Assisting patients to make use of available services and facilities

- assist patients to access and use services and facilities, both inside and outside the patient's home.

- 2.5.15 Assisting patients to achieve physical comfort
  - assist patients who need assistance in being lifted and moved and relieve the adverse effects of pressure.
- 2.5.16 Assisting patients to meet their nutritional needs
  - help patients who need assistance with eating and drinking.
- 2.5.17 Assist patients with their nutritional intake
  - assisting patients on special diets or who need special help with feeding.

Acknowledgement: "Executive Report: Care Sector Consortium Health Care Support Worker Project" Britain.

### 3 EXAMINATIONS

#### 3.1 First year examination

- One question paper of three hours:
  - \* Nursing History and Ethics
  - \* Basic Nursing Care
  - \* Elementary Nutrition
  - \* First Aid
  - \* Introduction to Comprehensive Health Care.
- A practical examination conducted by the school.

Examinations shall be conducted during the months of November, March and July and applications for admission or readmission shall be lodged with the Council on or before 7 August, 7 December and 7 April.

#### 3.2 Second year examination

- One question paper of three hours:
  - \* Basic sciences fundamental to basic patient care
  - \* General Nursing care
    - or Nursing care of the Aged
    - or Nursing care of Mentally Retarded Persons
    - or Community Nursing care
    - or Psychiatric Nursing care
- A practical examination conducted by the school.

Examinations shall be conducted during the months of January, May and September and applications for admission and readmission shall be lodged with the Council on or before 7 October, 7 February and 7 June.

### 4. DEFINITIONS

- Teaching period: a structured forty minute period of direct or indirect contact initiated by the tutor/registered nurse using any adult education method.

RECOMMENDATIONS REGARDING QUALIFICATIONS OF TEACHING PERSONNEL

The Council recommends that the following should be used as a guideline in respect of the minimum qualifications for teaching staff.

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

(\* = essential; + = desirable)

1 First year:

- 1.1 Nursing History and Ethics
  - \* Registered nurse
- 1.2 Basic Nursing care
  - \* Registered nurse
- 1.3 Elementary nutrition
  - \* Registered nurse or a suitably qualified person
- 1.4 First Aid
  - \* Registered nurse or a suitably qualified person
- 1.5 Introduction to comprehensive health care
  - \* Registered nurse

2 Second year:

- 2.1 Basic sciences subjacent to basic patient care
  - \* Registered nurse
- 2.2 General nursing care
  - \* Registered nurse
- 2.3 Nursing care of the aged
  - \* Registered nurse
  - + Additional qualification in geriatric nursing care
- 2.4 Nursing care of mentally retarded persons
  - \* Registered nurse (psychiatric)
  - + Clinical experience in nursing of mentally retarded persons
- 2.5 Community nursing care
  - \* Registered nurse (community health)
  - + Registered midwife
- 2.6 Psychiatric nursing care
  - \* Registered nurse (psychiatric)

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