

<b>COURSE TITLE</b>	<b>MENOPAUSAL HEALTH</b>
<b>COURSE CODE</b>	<b>20BN0611</b>
<b>COURSE CREDITS</b>	<b>1</b>

**Objective:**

- 1 Understand the concept of menopausal health in women.
- 2 Review and analyze the anatomy and physiology of menopause.
- 3 Develop competencies in providing quality care to these women.
- 4 Educate women and families about the problems faced by them.
- 5 Discuss the importance of hormone replacement therapy.

**Course Outcomes:** After completion of this course, student will be able to:

- 1 Understand the concept and types of menopause
- 2 Analyze the endocrinal changes during menopause
- 3 Describe Organ changes
- 4 Assess women to identify menopausal signs and symptoms
- 5 Describe management

**Pre-requisite of course:**The module is designed to develop in-depth knowledge and understanding in menopausal health. It further helps the students to develop competency in providing quality care to the menopausal women and her families.

**Teaching and Examination Scheme**

<b>Theory Hours</b>	<b>Tutorial Hours</b>	<b>Practical Hours</b>	<b>ESE</b>	<b>IA</b>	<b>CSE</b>	<b>Viva</b>	<b>Term Work</b>
1	0	0	50	50	0	0	0

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
1	<b>Introduction</b> Definition - menopausal health, Concept and types of menopause	1
2	<b>Role of hormones in menopause</b> Effect of hormones such as estrogen, androgen, Progesterone and gonadotrophin	2
3	<b>Organ changes during menopause</b> Changes in the organs, Ovaries fallopian tubes, uterus, vagina, breast, bladder and urethra, Loss of muscle tone	2
4	<b>Assessment of menopausal women</b> History and physical examination, Diagnostic tests, Documentation	2

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
5	<b>Management of menopause</b> Identification of menopause, Management of the symptoms, Education and counseling of women and families, Hormone replacement therapy	3
6	<b>Clinical Practice Competencies</b> Clinical Practice Competencies: 1. Counsel the women and her families 2. Understand the endocrinology of menopause 3. Perform the assessment and diagnose the women and plan proper nursing care 4. Educate the women about self care 5. Prepare the women for hormone replacement therapy	10
<b>Total Hours</b>		<b>20</b>

**Textbook :**

- 1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

**References:**

- 1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

**Suggested Theory Distribution:**

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
<b>Remember / Knowledge</b>	<b>Understand</b>	<b>Apply</b>	<b>Analyze</b>	<b>Evaluate</b>	<b>Higher order Thinking / Creative</b>
0.00	0.00	35.00	35.00	30.00	0.00

**Instructional Method:**

- 1 LECTURE CUM DISCUSSION & CLINICAL COMPETENCIES

**Supplementary Resources:**

- 1 N/A