

# PROSPECTUS

## Post RN / B.Sc. Nursing Degree Programs

Session 2012



### RUFAlDAH NURSING COLLEGE

A Project of

### PESHAWAR MEDICAL COLLEGE



University Road Abdara Chowk Peshawar Khyber Pakhtunkhwa  
Phone: +92-91-5853486, 5711418 Fax:+92-91-5843968  
Email address: rufaidah@prime.edu.pk  
Website: www.prime.edu.pk





# RUFAIDAH NURSING COLLEGE

## **CONTENTS**

1. Message from the Chairman PRIME Foundation Pakistan
2. Message from the Principal
3. Introduction to Rufaidah Nursing College
4. Vision
5. Mission
6. Objectives
7. Faculty
8. Admission / Selection Criteria and Process
9. Pre-requisites for Post RN B.Sc. Nursing (2 Years) Program
10. Pre-requisites for B.Sc. Nursing (4 Years) Program
11. Admission committee
12. Documents Required for Admission
13. Teaching Strategies
14. Learning Resources
15. Teaching Hospitals
16. Program Structure / Curriculum B.Sc. Post RN (2 Years)
17. Program Structure / Curriculum B.Sc. Nursing (4 Years)
18. Examination Rules
19. Fee Structure
20. University Annual Charges
21. Hostel
22. College Rules
23. Uniform Code
24. Other Facilities
25. Admission Form

## Message from Chairman PRIME Foundation Pakistan

Dear Students!

Islam makes it mandatory for all men and women to get education but women education has been one of the most neglected areas in “Islamic Republic” of Pakistan. PRIME Foundation is trying its best to fill this gap. Rufaida Nursing College is a step forward in the same direction.

Nursing is a noble career but unfortunately it could not recognize itself as a great profession. On one hand the society and governments are responsible for this situation and on the other nursing could not advance to the required professional level that would give this profession its long due recognition. Unfortunately today in most of institutions a nurse is only expected to “carrying out orders from doctors”. She has to come out of this accepted thinking to change the present situation. She must become an indispensable part of the health care team with full command of the patients problem and aware of her and the doctor’s role clearly. This can only be done with professional and personal development through a systemic training. The three components of professional training i.e. knowledge, skills and attitude must be addressed equitably to achieve this objective.

Rufaida Nursing College is expected to achieve the above objective with a competitive global curriculum in line with the one identified by the Pakistan Nursing Council which is playing pivotal role in the uplift of nursing profession. I wish and hope that this College becomes a model for others in near future and the human resources produced will have different paradigm of serving the Pakistani nation.

**Prof. Dr. Najib-ul-Haq**  
Chairman PRIME Foundation Pakistan &  
Dean Peshawar Medical College

## Message from the Principal

Dear Students!

It is great pleasure for me to write this message for the prospectus of Rufaidah Nursing College. It is not out of place to put a few question from the student before they enter RNC. I presume that answer to these questions would be the basis for your career.

1. Have you made sure that you want to become a professional nurse out of your own choice on the basis of your own interest and decision and the fact that it is not because you have been pressurized or influenced by someone?
2. Have you met any senior nurse to find out what are the responsibilities, obligations and commitment of a nurse and furthermore what are the sufferings and sacrifices in the practice of nursing and are you ready to accept it as you make your career?
3. Have you thought about the years and resources required for completing nursing education and that you and your family members are ready for it?

If you have answered to the above question with a yes then I can predict and I am sure that you will be a competent and compassionate nurse in the near future Inshallah and I shall pray and will be looking forward to see you successful.

Sir William Osler said that the trained nurse is one of the greatest blessings for humanity.

**Akhtar Bano**  
Principal  
Rufaidah Nursing College



## Introduction

Rufaidah bint Sa'ad رضي الله تعالى عنها is recognized as the first Muslim nurse. Her full name was Rufaidah bint Sa'ad of the Bani Aslam tribe of the Khazraj tribal confederation in Madinah. She was born in Yathrib before the migration of the Prophet Muhammad صلى الله عليه وسلم. She was among the first people in Madinah to accept Islam and was one of the Ansar women who welcomed the Prophet on arrival in Madinah.

Rufaidah's father was a physician. She learned medical care by working as his assistant. Her history illustrates all the attributes expected of a good nurse. She was kind and empathetic and a capable leader, who organized, mobilized and got others to produce good work. She had clinical skills that she shared with other nurses whom she trained and worked with; she did not confine her nursing to the clinical situation. She went out to the community and tried to solve the social problems that lead to disease. She was both a public health nurse and a social worker.

The purpose of establishing Rufaidah Nursing College was laid upon the foundation of nursing during the Islamic era of Prophet Mohammad صلى الله عليه وسلم. RNC is situated within the premises of Kuwait Teaching hospital which is located at the Abdara Chowk, University Road Peshawar.

RNC is well equipped with modest living and learning facilities, expected of a Nursing College.

RNC is a project of Peshawar Medical College, recognized by Pakistan Nursing Council and is affiliated with Riphah International University, Islamabad.

## **RNC Vision**

Rufaidah Nursing College aspires to be a center of excellence in nursing that will impart full spectrum quality nursing education in line with national human resources, needs, socio-cultural values and global trends.

## **RNC Mission**

Mission of RNC is to elevate the status of nursing professional by upholding high standards of teaching and learning, ethics and professionalism with practical role modeling and other long term strategies to de-stigmatize the profession, to dispel the associated misconceptions and taboo while at the same time enabling its graduates reach the highest professional position at home and abroad by dint of excellence in professional competencies and ethical values.

## **RNC Objectives**

- Contributes towards reversing the inverse national health resources pyramid.
- Elevate the image of nursing profession through demonstration of role modeling.
- Impart quality nursing education in line with recommendations of the Pakistan Nursing council (PNC), socio-cultural norms, values and global trends of the nursing profession.
- Enable nurses reach the highest leadership, service and research positions in health profession at home and abroad through an innovative curriculum that will offer them training opportunities in a healthcare team environment within the framework of PNC.
- Provide holistic nursing care to patients characterized by professional competence and ethical excellence.

# RUFAIDAH NURSING COLLEGE

## FACULTY

### **Mr. Malik Taj**

General Nursing,  
Administration & Teaching JPMC Karachi  
BSc Nursing Peshawar University  
OT Specialization and Dispensary

**Director**

### **Mr. Hidayat ur Rahman**

General Nursing,  
Administration & Teaching College of Nursing Peshawar  
OT Specialization

**Coordinator**

### **Mrs. Akhtar Bano**

General Nursing, Midwifery  
BSc Nursing (Agha Khan University Karachi)  
MPH (PHSA), IEC for Health (UK), IQMH (Germany)

**Principal**

### **Mrs. Rashida Haq**

General Nursing, Midwifery  
BSc Nursing, MPH

**Instructor**

### **Mr. Ashfaq Ahmed**

General Nursing  
BSc Nursing Shifa International College

**Instructor**

### **Mrs. Shamshad Akhtar**

General Nursing, Midwifery,  
Administration & Teaching College of Nursing Peshawar

**Clinical Instructor**

### **Miss. Naseeb Zeba**

General Nursing, Midwifery  
BSc Nursing Peshawar University,  
MPH

**Clinical Instructor**

### **Mrs. Afshan Mazhar**

FSc, BAPolitical Science,  
LHV

**Public Health Supervisor**

**Visiting Faculty:** Highly qualified renowned faculty of Peshawar Medical College and Peshawar Dental College will be available as visiting faculty for various expert lectures and guidance.



## **Admission/Selection Criteria and Process**

Candidates are supposed to fill the form before the deadline and submit it along with all attested documents required for the position they are applying. Application/ form incomplete or received after the due date will not be entertained. In case of false documents or fabricated information found at any stage, Nursing College has the right to cancel the admission. Selection of the candidates will be purely on merit.

### **Pre-requisites for Post RN B.Sc. Nursing (2 Years) Program:**

1. Diploma in General Nursing registered with Pakistan Nursing Council (candidates with 1<sup>st</sup> division will be preferred)
2. Diploma in Midwifery for female applicants
3. Diploma in any specialty for male applicants
4. Candidate must have a minimum of two years clinical experience after Nursing Diploma

### **Pre-requisites for BSc Nursing (4 Years) Program:**

1. Candidate must have passed the Higher Secondary School Certificate Examination (F.sc or equivalent qualification from a recognized board)
2. Age limit 18 to 35 years
3. Candidates with a bachelor or equivalent degree in science subjects will be preferred

## **Admission Committee**

The committee is chaired by the Principal and Dean, Peshawar Medical College.

## Documents Required for Admission

Attested copies of the following documents must be submitted along with admission form.

- Secondary School Certificate
- Higher Secondary School Certificate with Detailed Marks Certificate
- National Identity Card
- Father/guardian National Identity Card. In case father is not alive, a copy of national identity card of mother should be attached with admission form
- PNC registration card (for candidates applying for Post RN B.Sc. Nursing)
- Diploma in General Nursing (for candidates applying for Post RN B.Sc. Nursing)
- Diploma in any specialty (for male candidates)
- Diploma in midwifery (for female candidates)
- Three passport size colored photographs

## Teaching Strategies

1. Lectures
2. Small Group Discussion (SGD)
3. Ward round and bed side discussions
4. Workshops and Seminars
5. Assignments
6. Clinical Application
7. Group Discussions and Brainstorming Sessions

## Learning Resources

- Library
- Science Laboratory
- Computer Lab
- Clinical Skill Lab
- Attached Teaching Hospitals

## Teaching Hospitals

Situated in a prime locality of Peshawar and managed by qualified health professionals, the following hospitals of repute with updated clinical cum laboratory facilities are the teaching hospitals of Ruffaidah Nursing College.

- Kuwait Teaching Hospital
- Mercy Teaching Hospital
- PRIME Teaching Hospital

Kuwait and Mercy Teaching Hospitals are located on University Road and PRIME Hospital on the Warsak Road. All the hospitals are purpose built, standard hospitals equipped with latest equipments. State of the art laboratories and radiodiagnostic facilities are available.

Taken together, these hospitals provide full range of surgical, medical and allied services through highly qualified, experienced and renowned staff. These hospitals along with other distinction have been providing quality services on 'no profit no loss basis'. Kuwait and Mercy Teaching Hospitals are also recognized for post graduate training of doctors from College of Physicians & Surgeons Pakistan.

# RUFAIDAH NURSING COLLEGE

## Program Structure / Curriculum

### B.Sc. Post RN (2 Years)

#### First Semester, Year 1

S.No.	COURSES	Marks	Credit Hours
1.	Advance Nursing Concept Part-I Theory and Practical	200	6
2.	Health Assessment Theory and Practical	100	3
3.	Integrated Sciences Part-I Physiology and Microbiology	100	3
4.	Computer in Nursing	50	1
5.	Professional Development	100	3
6.	Social Science: Sociology and Psychology	100	3
7.	English	100	2
	<b>Total Marks</b>	<b>750</b>	<b>21</b>

#### Second Semester, Year 1

S.No.	COURSES	Marks	Credit Hours
1.	Advance Nursing Concept Part-II Theory and Practical	200	6
2.	Community Health Nursing	100	5
3.	Integrated Sciences Part-II Physiology and Microbiology	100	3
4.	Epidemiology	50	2
5.	Introduction to Management	100	2
6.	Fundamental of Counseling and Guidance	100	2
7.	English - II	100	2
	<b>Total Marks</b>	<b>750</b>	<b>22</b>

# RUFIDAH NURSING COLLEGE

## Third Semester, Year 2

S.No.	COURSES	Marks	Credit Hours
1.	Advance Nursing Concept Part-III Theory and Practical	200	6
2.	Biostatistics	100	3
3.	Principles and Methods of Teaching	100	2
4.	Nursing Research	50	3
5.	Psychology of Learning	100	3
6.	Clinical Teaching and Clinical Supervision	100	3
7.	English - III	100	2
<b>Total Marks</b>		<b>750</b>	<b>22</b>

## Fourth Semester, Year 2

**NOTE:** Below are three options A, B & C. Among the three, one must be selected by the candidate.

### A) SENIOR ELECTIVE NURSING EDUCATION

S.No.	COURSES	Marks	Credit Hours
1.	Curriculum Planning and Development	100	2
2.	Principles and Methods of Evaluation	100	2
3.	Administration in Nursing Educational Program	100	2
4.	Practicum (in Nursing Education)	200	12
5.	English	100	2
<b>Total Marks</b>		<b>600</b>	<b>20</b>



## B) SENIOR ELECTIVE NURSING MANAGEMENT

S.No.	COURSES	Marks	Credit Hours
1.	Planning	50	1
2.	Organizing	50	1
3.	Financing	50	1
4.	Staffing	50	1
5.	Directing	50	1
6.	Controlling	50	1
7.	Practicum (in Nursing Management)	200	12
8.	English - IV	100	1
	<b>Total Marks</b>	<b>600</b>	<b>20</b>

## C) SENIOR ELECTIVE COMMUNITY HEALTH NURSING

S.No.	COURSES	Marks	Credit Hours
1.	Community Health and Development	100	2
2.	Primary Health Care	100	2
3.	Community Health Nursing Management	100	2
4.	Practicum (in Community Health Nursing)	200	12
5.	English - IV	100	2
	<b>Total Marks</b>	<b>600</b>	<b>20</b>

# RUFIDAH NURSING COLLEGE

## Program Structure / Curriculum

### B.Sc. Nursing (4 Years)

#### First Semester, Year 1

S.No.	COURSE TITLE	Theory	Skills/Lab	Credit Hours
1.	Anatomy and Physiology-I	2.50	0.5	3.00
2.	Microbiology	2.50	0.5	3.00
3.	Mathematics / Statistics	1.00		1.00
4.	Computer Skills		1.00	1.00
5.	Pakistan Studies	2.00		2.00
6.	Communication Skills	3.00		3.00
7.	Islamiyat	2.00		2.00
8.	Biochemistry for Nurses	2.00	1.00	3.00
	<b>Total</b>	<b>15.00</b>	<b>3.00</b>	<b>18.00</b>

#### Second Semester, Year 1

S.No.	COURSES TITLE	Theory	Clinical Hours	Skill / Lab	Credit Hours
1.	Fundamental of Nursing	3.00		3.00	6.00
2.	Anatomy and Physiology-II	3.00			3.00
3.	Community Health Nursing	2.00	1.00		3.00
4.	Nursing Ethics	1.00			1.00
5.	Introduction to Nursing Profession	1.00			1.00
6.	English-I	3.00			3.00
	<b>Total</b>	<b>13.00</b>	<b>1.00</b>	<b>3.00</b>	<b>17.00</b>

# RUFAIDAH NURSING COLLEGE

## Third Semester, Year 2

S.No.	COURSE TITLE	Theory	Clinic hours	Skills/Lab	Credit Hours
1.	Adult Health Nursing-I	4.00	4.00		8.00
2.	Pathophysiology-I	1.50		0.50	2.00
3.	Pharmacology-I	2.00			2.00
4.	Applied Nutrition	1.00			1.00
5.	English-II	2.00			2.00
	<b>Total</b>	<b>10.50</b>	<b>4.00</b>	<b>0.50</b>	<b>15.00</b>

## Fourth Semester, Year 2

S.No.	COURSE TITLE	Theory	Clinic hours	Credit Hours
1.	Adult Health Nursing-I	4.00	4.00	8.00
2.	Pathophysiology-I	1.50		2.00
3.	Teaching and Learning: Principles & Practices	2.00		2.00
4.	Pharmacology-II	1.00		1.00
5.	English-III	2.00		2.00
	<b>Total</b>	<b>10.50</b>	<b>4.00</b>	<b>15.00</b>

# RUFAIDAH NURSING COLLEGE

## Fifth Semester, Year 3

S.No.	COURSE TITLE	Theory	Clinic hours	Credit Hours
1.	Pediatrics Health Nursing	3.00	3.00	6.00
2.	Tropical Diseases	1.00		1.00
3.	Developmental Psychology	2.00		2.00
4.	Reproductive Health	2.00	2.00	4.00
5.	English-IV	2.00		2.00
6.	Culture, Health and Society	2.00		3.00
	<b>Total</b>	<b>13.00</b>	<b>5.00</b>	<b>18.00</b>

## Sixth Semester, Year 3

S.No.	COURSE TITLE	Theory	Clinic hours	Credit Hours
1.	Mental Health Nursing	3.00	3.00	6.00
2.	Introduction to Biostatistics	3.00		3.00
3.	Behavioral Psychology	3.00		3.00
4.	Epidemiology	2.00		2.00
5.	Academic Writing	2.00		2.00
	<b>Total</b>	<b>13.00</b>	<b>3.00</b>	<b>15.00</b>

# RUFAIDAH NURSING COLLEGE

## Seventh Semester, Year 4

S.No.	COURSE TITLE	Theory	Clinic hours	Credit Hours
1.	Advanced Concepts in Nursing	2.00	3.00	5.00
2.	Leadership and Management in Nursing	3.00		3.00
3.	Nursing Research	3.00		3.00
4.	Introduction to Nursing Theories	3.00		3.00
5.	Professional Writing	2.00		2.00
6.	Electives	2.00		2.00
	<b>Total</b>	<b>15.00</b>	<b>3.00</b>	<b>18.00</b>

## Eighth Semester, Year 4

S.No.	COURSE TITLE	Theory	Clinic hours	Credit Hours
1.	Evidence Base Research Project		4.00	4.00
2.	Community Health Nursing-II	2.00	2.00	4.00
3.	Nursing Seminar/Rate			
4.	Transition	2.00		2.00
5.	Writing for Research Report	2.00		2.00
6.	Electives	3.00		3.00
	<b>Total</b>	<b>9.00</b>	<b>6.00</b>	<b>15.00</b>



# RUFAIDAH NURSING COLLEGE

## **Examination Rules**

Examination rules are prescribed by Riphah International University and it will be strictly followed by all students. For detailed kindly visit our website [www.prime.edu.pk](http://www.prime.edu.pk)

## **Fee Structure**

S.No.	COURSE TITLE	Amount
1.	Admission Fee	Rs. 5,000 per Course
2.	Tuition Fee (includes Labs/Skill/Examination etc.	Rs. 25,000 per semester

## **University Annual Charges**

As per university rules.

## **Hostel**

Hostel facility is available for female students on payment basis (as per actual).

## College Rules

1. Every part of the College and hostel premises must be kept clean and should not be damaged in any way or form.
2. Student must observe discipline in the class and during the clinical hours.
3. Students are strictly required to be punctual in attending class as well as in their hospital duties.
4. Students are not allowed to leave lecture hall or hospital without the permission of the teacher.
5. In case of leave, the student must apply in writing with the reason for leave. Every student must have at least 85% attendance at the end of the each semester of education. Students will not be allowed to appear in semester / annual exam with attendance less than 85%. Repeated absence from classes and hospital duties will make a student liable to expulsion from the College.
6. No student will be allowed to take the examination unless he/she clear all the dues.
7. Political activities are strictly forbidden in the College, hostel, and hospital or in any forum which is associated with the college. In case of involvement the disciplinary committee will take serious action.
8. Socially unacceptable activities (gambling/use of narcotics/possession of arms/objectionable literature etc.) within the premises of College, hospital and hostel are strictly prohibited. Shouting, or making noises or singing in premises are not allowed and are contrary to decent behavior and conduct expected of the students.
9. Students are not allowed to indulge in foul languages, physical jokes or bullying/fighting.
10. It is not allowed to bring outsiders to lecture halls and hostel without the written permission.
11. All accidents minor and major must be reported to the college authorities.
12. Student are not allowed to enter College and Hospital without identity badge and overall.
13. Any other rules notified by the administration from time to time

## **Uniform Code**

Following dress code will strictly be observed in college and hospital premises.

### **Summer / Winter Uniform**

#### **GIRLS**

- White Qameez and Shalwar with navy blue band collar and full sleeves with navy blue cuff
- White Head Scarf
- Black socks and black shoes with flat heel
- Knee length white overall with full sleeves
- Black woolen sweater (winter uniform)
- Name badge with name and picture of the student

#### **BOYS**

- White shirt (with collar and a front pocket) and black color trouser. Baggy pants/ jeans are not allowed
- White Shalwar Qameez (optional)
- Black socks and black leather shoes (Joggers are not allowed)
- Knee length white overall with full sleeves
- Plain black woolen sweater (winter uniform)
- Name badge with name and picture of the candidate

## **Other Facilities**

### **Cafeteria**

RNC has facility of quality food and refreshment as well.

### **Photocopying / Print Services**

There is a separate photocopying and print service for RNC students.

### **Telephone Facility**

Camera cell phones are banned altogether. Mobile phones must be kept on silent mode during the college and clinical hours. However in case of emergency students can call home or to their relatives and may avail college facility for making local calls.

### **Hostel Facility**

Separate hostel for female student is also available.

### **Library**

Books of different kinds are available and can be issued for a period of one week. Variety of books other than nursing can also be found. Books of Sociology, Psychology and Advanced Communication etc are also available.

### **Computer Lab**

Digital library and eBook services are available when required.



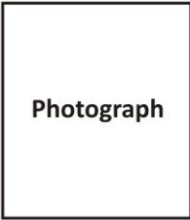
**RUFAIDAH NURSING COLLEGE**  
 Recognized by Pakistan Nursing Council  
 &  
 Affiliated with Riphah International University



**ADMISSION FORM**

**POST RN B.Sc. NURSING (2 YEARS) PROGRAM**

Completed Application Form will be submitted to the Principal of College  
 Fill the form in CAPITAL letters.



**I) PERSONAL DATA**

1. Name of the Student: .....  
(As per SCC or equivalent certificate)
2. Father's/Guardian Name:.....
3. Father's Education & Occupation:.....
4. Mother's Name:.....
5. Mother's Education & Occupation:.....
6. Annual Income of Parents:.....
7. Date of Birth:.....
8. Religion: ..... Nationality:.....
9. Phone #: ..... Mobile:.....
10. Marital Status: ..... Domicile.....  
(if married the Spouse Name, Education, Employment and number of children with ages)
11. Permanent Address:.....  
.....
12. Address for Correspondence:.....  
.....

**II) EDUCATIONAL INFORMATION**

**Academic and Professional Qualifications**

Examination	Board / University	Major Subjects	Year of Passing	Marks Obtained	Total %age	Roll No.
SSC (equivalent)						
F.Sc (premedical)						
Diploma in General Nursing						
Diploma in Midwifery						
Any specific Diploma (male)						
Any other (specify)						



III) Co-curricular Activities (if any):.....

.....

IV) Experience Certificate: (in case of candidates apply for Post RN B.Sc. Nursing)

.....

.....

**DECLARATION**

I hereby declare that the information in the form is correct to the best of my knowledge and belief. I shall abide by the rules and regulations of Rufaidah Nursing College as stated in the prospectus.

I shall not violate the rules and shall not take part in any kind of harmful activities. If I do so I may be struck off from the College.

I admit that the college fee and other dues are not refundable whatsoever the reason might be. I shall pay dues in time. I will attend regular classes and clinical duties.

Date: .....

Signature of the Candidate: .....

This is to certify that I, father/mother/guardian/spouse of above candidate shall be responsible for regular and in time payment of dues. I shall be responsible for good conduct and welfare of my daughter/son Miss/Mr.....during her/his studies and stay at Rufaidah Nursing College.

Date: .....

Relationship:.....

Signature of Parents/Guardian:..... Name:.....

**OFFICE USE ONLY**

Receipt No: .....

Dated: .....

Guardian's/Father's Name: .....Income and Occupation:.....

Relationship with Guardian:.....

Name of School from Where SSC Passed:.....

Name of College from where F.Sc Passed:.....

**Certified that the facts produced are correct to the best of my knowledge**

\_\_\_\_\_  
Signature of the Applicant's Father/Guardian

\_\_\_\_\_  
Signature of the Applicant

NIC No:.....

NIC No:.....