



PROSPECTUS





**In The Name Of Allah, The Most Beneficent,
The Most Merciful**

PROSPECTUS



(1)



PROSPECTUS



(2)

Reflex College of Nursing & Health Sciences

MESSAGE



OF THE MANAGING DIRECTOR

Academic excellence has become a way of life with all of us. In line with our tradition of introducing high quality, career-oriented programmes, it is indeed a great pleasure to announce the setting up of the Reflex College of Nursing and Health Sciences with its B.Sc. Nursing programmes. Never in the history of health care have nurses had such wide opportunities and improved prospectus. Through its pioneering efforts, the Reflex College of Nursing and Health Sciences aims to create leaders in the nursing profession by providing unique innovative programmes that are responsive to the market need, keeping in mind the rapid advances in the health care sector in Paksitan particularly in Khyber Pakhtunkhwa. The College values the histories mission of Florence Nightingale and recognizes that the teaching, research and service functions have a reciprocal relationship in preparing individuals for professional services. Thus, the college views it main mission as the

1. Provision of excellent education for the purposes of preparing individuals for beginning and advanced professional nursing practice 2. Advancement of the profession through, research, scholarship and service and 3. Provision of service through nursing practice education and consultation. I am confident that the Reflex College of Nursing and Health Sciences will create a benchmark in nursing education in Khyber Pakhtunkhwa and also overseas by ensuring a steady flow of trained professionals who meet the international standards in terms of quality of education and service provided. I welcome our enthusiastic generation to the Reflex College of Nursing and Health Sciences and wish them all for their future endeavors. I invite you to hold the hands of care to face the challenge and meet your objective.

PROSPECTUS



(3)



PROSPECTUS



Reflex College of Nursing & Health Sciences



MESSAGE FROM THE PRINCIPAL

Welcome Everybody

The Reflex College of Nursing and Health Sciences has the highest record of imparting quality education and enabling the students to acquire the quality of "Caring with compassion".

Nursing is an Art and Science. This means that a professional nurse learns to deliver care tactfully with compassion, caring and respect for each client's dignity. As a science, Nursing is based upon a body of knowledge that is always changing with new discoveries and innovations.

When nurses integrate the Science and art of nursing into their practice the quality of care provided to clients is at a level of excellence that benefits clients in innumerable ways. The highly qualified and motivated professionals provide the skills and knowledge needed to the students to meet the challenges of today. We provide the outstanding facilities and help the students to achieve greater academic success. The ladder of achievement of curriculum is planned in way that all the potential and inherent talents of the students are developed to make them full-pledged individuals to the society

PROSPECTUS



(5)

INTRODUCTION Reflex College of Nursing & Health Sciences is one of the new generations of Nursing Institute in Khyber Pakhtunkhwa, Pakistan, established to provide quality education. The Institute is envisaged to grow as a modern Centre of excellence in the field of Nursing & Allied Medical Sciences. RCON&HS is committed to the provision of intellectual leadership and development and to emerge as a beacon of light for regional hub in scientific, educational and technological development in the field of Health Care System.

RCON&HS MISSION Reflex College of Nursing and Health Sciences is a learning community comprised of students, faculty, staff, and health care professionals who support each other in providing quality educational programs and pursuing scholarly endeavors. The Reflex College is committed to prepare graduates in nursing to render quality health care services in the preventive, curative, promotive and rehabilitative aspects of health care at the national and international level with a global perspective. Reflex College actively work to assure the provision of quality nursing care to vulnerable and under served populations and sustain a dynamic educational process that responds to changes in the health care needs of the community. Moreover, the college employ creative teaching strategies for the promotion of critical thinking and ethical individual skills and talents and seeking diversity in our students and faculty and value diversity in our community.

RCON&HS VISION The Reflex College is committed to impart nursing education at various levels to the under privileged and socially emancipated, predominantly women folk, to enable them to become qualified nurses who will render their services at all levels and thereby raise the prospects for the betterment of the nation with their academic excellence.

PHILOSOPHY OF RCON&HS The faculty of this college believe that graduate nurses will be able to apply nursing theories into nursing practice, education and administration. The graduate nurses are prepared for leadership through positions in the college, hospital and specialty areas as a consultant, educator, administrator and researcher. The faculty believe that the graduate program instills accountability and commitment in the learners to the society. The graduate nurses will also be able to function in the capacity of public health administrator to implement National Health Programmes at the community level. Reflex College of Nursing & Health Sciences offering the following programs.

PROSPECTUS



(6)

FACULTY

Professional Institute of Medical Sciences seeks excellence in all its programs and activities. High quality dedicated faculty is engaged to make the institute innovative and responsive. The majority of faculty members are doctors. Eminent professors visit Professional Institute of Medical Sciences on regular basis under collaborative arrangements.



Admission

- Managing Director
- Principal
- Administrative Officer
- Accountant
- Training Coordinator
- Visiting Professors
- Lecturers

Supporting Staff

- Assistant Accountant
- Office Assistant
- Librarian
- Lab Attendant
- Wardens
- Store
- Keeper
- Office Boy
- Helpers / Security Guards

Prominent features / facilities at the premises of

Professional Institute of Medical Sciences is determined to keep pace with the challenges of new millennium. The Library at Professional Institute of Medical Sciences is well stocked with the latest technical books both for reference & issue purpose the library offers current awareness and information services as well. One of the prominent features of the institute is the establishment of the museum its premises. It is in this way that a practical approach is inculcated in the student's mind, right from the start. Along with the flow of the latest technical knowledge, Professional Institute of Medical Sciences provide a disciplined & non-political environment so that the students can concentrate on their studies with zeal. Professional Institute of Medical Sciences has a technical tradition of sharing and imparting explosive growth of knowledge and providing unique learning opportunities to its faculty and students through seminars and mutual discussions.

Scholarships

Financial assistance is given to the brightest talent (Topper of final exam of each semester) in the form of merit scholarship to the extent Rs. 1000/- per month. Financially handicapped are also supported in a limited number to the extent of Rs. 500/-per month which help the poor students to get some what relief to continue studies.

Reflex College of Nursing & Health Sciences

FACULTY



Syed Afzal Shah

Senior Lecturer
MS Epidemiology and Biostatistics
(KMU Peshawar)
Generic BSN (KMU Peshawar)



Mr. Riaz Ud Din

Coordinator/ Lecturer
Generic BSN (DUHS Karachi)
DHMS (PHMC Karachi)



Mis. Maira Malcus

Lecturer
Generic BSN (KMU Peshawar)
Diploma in Neurophysiology

PROSPECTUS



(8)

Reflex College of Nursing & Health Sciences

FACULTY



Mian Syed Ahmad
Lecturer
MPhil. Molecular
Biology and Genetics
BS MLT (KMU)



M. Haris Khalil
Lecturer
BS Chemistry
UOP



Mr. Zahid Niaz
MA Library
Science
UOP



Mr. Kmaran Habib
Lecturer
BS Dental
GU Peshawar



Mr. Yahya Khan
Lecturer
BS Emergency & ICU
Technology
MPH in Progress



Miss. Hina Zahoor
Lecturer
MA English
UOP

**Reflex College of Nursing &
Health Sciences**
HUMAN RECOURSE DEPARTMENT



Mr. Ali Usman
Admin. Officer
B. Tech Hons (Civil
Engineering)
Master in Sociology



Mr. Abdullah
HR & Finance Officer
M.Com (Finance)



Mr. Abdul Hameed
Coordinator
Bachelor of Arts

PROSPECTUS



(10)

SCHEME OF STUDIES FOR GENERIC NURSING (04 YEARS)

First Semester

S.No	Courses	Credit Hours
1	Fundamental of Nursing-I	4
2	Microbiology	3
3	Anatomy and Physiology-I	3
4	Biochemistry for Nurses	3
5	English-I	2
6	Computer Skills	1
Total		16

Second Semester

S.No	Courses	Credit Hours
1	Fundamental of Nursing-II	4
2	Anatomy and Physiology-II	3
3	Community Health Nursing-I	3
4	Applied Nutrition	1
5	English-II	2
6	Islamiat*	2
7	Pak. Studies*	2
Total		17

Third Semester

S.No	Courses	Credit Hours
1	Adult Health Nursing-I	8
2	Pathophysiology-I	2
3	Health Assessment-I	2
4	Pharmacology-I	2
5	Mathematics	1
6	English-III	2
Total		17

Fourth Semester

S.No	Courses	Credit Hours
1	Adult Health Nursing-II	8
2	Pathophysiology-II	3
3	Health Assessment-II	2
4	Developmental Psychology	2
5	Pharmacology-II	2
6	English-IV	2
7	Nursing Ethics	1
Total		20

SCHEME OF STUDIES FOR GENERIC NURSING (04 YEARS)

Fifth Semester

S.No	Courses	Credit Hours
1	Pediatrics Health Nursing	7
2	Community Health Nursing-II	6
3	Teaching/Learning: Principles & Practices	3
4	English-V	2
Total		18

Sixth Semester

S.No	Courses	Credit Hours
1	Mental Health Nursing	6
2	Introduction to Biostatistics	3
3	Behavioral Psychology	3
4	Epidemiology	2
5	English-VI	2
6	Culture, Health and Society	2
Total		18

Seventh Semester

S.No	Courses	Credit Hours
1	Critical Care Nursing	7
2	Introduction to Nursing Theories	2
3	Leadership & Management in Nursing	3
4	Nursing Research	3
5	English-VII	2
Total		17

Eighth Semester

S.No	Courses	Credit Hours
1	Community Health Nursing-III	5
2	Nursing Seminar/Role Transition	2
3	Clinical Practicum	5
Total		12

POST-RN BACHELOR OF SCIENCE IN NURSING



The Post-RN BScN is a two-year full time program aimed to upgrade the diploma holding registered nurses to degree level and the degree level education is accepted across the globe. These graduates are academically sound and competent to meet the challenges of the nursing profession. In addition, this degree opens up opportunities for promotion in clinical practices, teaching and leading to higher education i.e. Master and Ph.D .

POST-RN BACHELOR OF SCIENCE IN NURSING

Eligibility criteria

- Matric with Science (Biology, Chemistry & Physics as compulsory subjects)
- Diploma in Nursing
- Diploma in Midwifery (any Post Basic Specialty for male in lieu of midwifery)
- Experience: 01 year Post Midwifery / Specialty Clinical Experience
- Valid PNC registration.
- NOC from the hospital.

SCHEME OF STUDY LHV / CMW

S.No	Contents
1	Health , maternal and new born health
2	Body parts and functions
3	Infection prevention
4	Health Education and Communication
5	Pregnancy, its complications and Ante-Natal Care (ANC)
6	6 Labour and child birth, its complications and skilled care during labour
7	New born and infant health
8	Puerperium and Post Natal Care (PNC)
9	Preparing of professional practice



Lady health visitors (LHVs), as a specific cadre of health care provider, have existed in Pakistan since 1951. They provide a variety of services to urban and rural communities, including basic nursing care, maternal child health services, and training of community workers. After the completion of two years course graduate shall be granted diploma from Pakistan nursing council.

• **ELIGIBILITY CRITERIA**

• **Qualification:**

Applicant must meet one of the following academic levels

- a. F.Sc (Pre-Medical) with 45% marks minimum (Physics, Chemistry & Biology as compulsory subjects)

- b. Matric (Science) with 45 % marks minimum (Physics, Chemistry & Biology as compulsory subjects)

Age Limit: 14 - 35 years



PICTURE GALLERY



PROSPECTUS



(16)

PICTURE GALLERY





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