



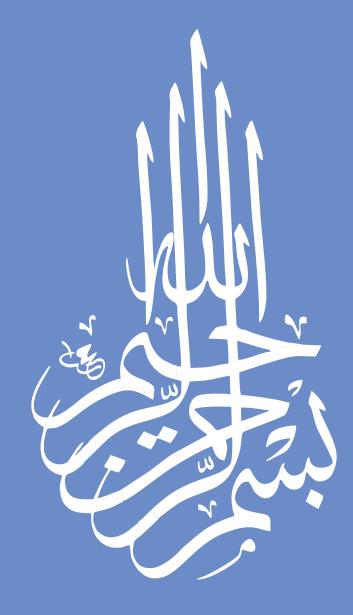
# **PROSPECTUS**

2021-22

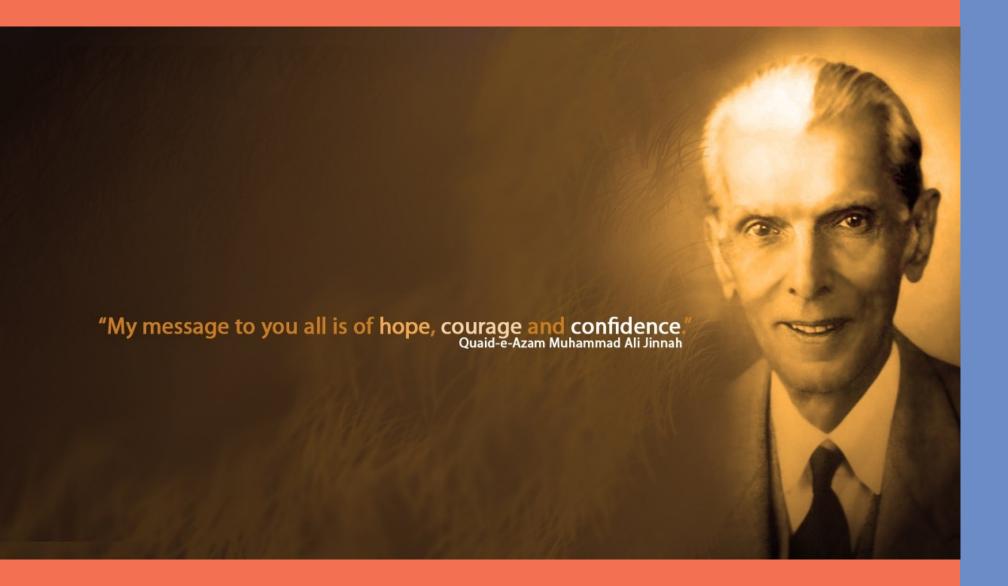


**Rawal Institute of Health Sciences Islamabad** 

www.rihs.edu.pk



In The Name of Allah The Most Beneficent, The Most Merciful



### **PROSPECTUS**

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### MESSAGE FROM THE CHAIRMAN



The theme of nursing with the Muslim Ummah is derived from Al-Quran 5:32 "...and if any one saved a life, it would be as if he saved the life of the whole mankind." This is an angelic profession and in recent years its pattern has changed significantly with the influx of new medications, increasing intensity of care, new technologies, and emerging diseases. The communities served by Rawal Institute of Health Sciences (RIHS), Islamabad, continue to grow and an increasing number of people are looking at us to provide the healthcare services they need. Public sector has been chocked to its capacity. The Government policies are no more public friendly. Hence in this hour of need private sector is the true hope of the masses. Invoke of this public demand the private sector has responded affirmatively and is delivering the best. Myriads of institutions have come up in private sector, but quality institutions are a rarity. RIHS has proved its worth and zeal to meet the challenge by establishing Rawal Medical & Dental College and Rawal General & Dental Hospital. A gap was felt to feed our prestigious institutions with properly trained nursing staff and establishment of Rawal College of Nursing (RCN) will fill it. Our vision for nursing is to provide safe, high quality, patient centered care and to create a supportive and empowering workplace for nursing staff.

The ratio of nurse to patient in Pakistan is dangerously low. So, to overcome these difficulties a comprehensive nursing education program has been launched, under the umbrella of RIHS. As the old nursing curriculum has been rejuvenated with and upgraded & novel idea of Generic BSc Nursing and BScN Post RN programs, the RCN will uphold this new trend in nursing. I'm confident that RCN will march with rapid scientific and social development. This will support the future of our nurses by offering new job options and comprehensive orientation and educational programs as well. We will be able to provide novice and experienced mid and late-career nurses with innovative project and leadership opportunities.

As Chairman RIHS, I'm committed to managing the education & training, protecting their honor& dignity, and improving the quality of nursing work life.

To each and every one of would be nurses I want to say thank you for your commitment to ailing community and to the nursing profession. You truly live our value statement, 'Here for you...caring for you'.



We have embarked on this project with a sense of commitment to our beloved country Pakistan, our dear countrymen and humanity. We have dedicated this project to the underprivileged people of our country who feel deprived of many amenities of life including healthcare which is not only critical for life but prerequisite for realization of potential one has been endowed with. We also appreciate this fact and want to make manifest contribution for promoting healthcare in the country through Rawal project. The project Rawal General & Dental Hospital, Rawal College of Medicine and Rawal College of Dentistry & Rawal College of Nursing.

Nursing is a noble profession to pursue in one's life. Services to humanity and service to God are Complimentary to each other. I am pleased to mention that every one of us in Rawal College of Nursing is fully dedicated and devoted to the cause of educating the student nurses. I am happy to note that we are living to this cause and getting due recognition from all quarters.

Our Bachelor of Nursing degree program provides high achieving undergraduate students the opportunity to extend themselves intellectually and clinically, thereby rendering quality care to the general public through our hospital and community services.

Our institution imparts high quality professional education to young and aspiring candidates who have dedicated themselves to be efficient nurses and also meet the acute shortage of qualified and skilled nursing manpower, our country is currently facing. Special impetus is given in RCN to train students, capable of giving comprehensive nursing care, such as promoting preventive, curative and rehabilitative services to the needy.

All of us will eventually need a nurse's care. Right now, nurses need you.

### MESSAGE FROM THE PRINCIPAL



MSN Dr Zia- u-ddin University Karachi BSC Psychology Sindh University Hyderabad BSN Isra University Hyderabad

It is believed that progress of a community depends on the health of the population. The health education of nurses contributes a lot to maintain the wellness of individuals. Nursing profession possesses all the attributes required for healthcare professionals. The profession is combination of social and cultural values, ethical aspects, and medical sciences in caring for the humanity.

.Rawal College of nursing is one of the leading private institutes which has been contributing to produce skillful and qualified nurses since its establishment. We welcome you for becoming its part as the students of Generic BSN/Post RN-BSN. Innovative changes in the health care environment are transforming professional nursing practice in a variety of setting and providing new opportunities for developing the role and function of the nurses.

Today nursing has become respectable and preferable profession because of its immense global demand and rewarding career, we have entered a remarkable time for nursing. The field will prepare nurses to provide quality care which will have significant impact in health care service. The rapid growth and academic advancement of this profession has highly increased its recognition.

The goal of our college is to produce professionally competent nurses to face the challenges in this field and may prove their capabilities in this noble profession. We focus on student's success, to accomplish these aims we provide qualified and dedicated faculty who are devoted to academic perfection. We create the best possible quality learning environment for students. Latest technology and educational aids are to make teaching more diverse and wholesome. We have excellent infrastructure and follow innovative methods of teaching.

A part from academic schedule and activities we are observing Sports week, students welcome/ farewell parties and religious events.

I, as the Principal welcome you for a memorable stay to successfully complete your journey towards education and to achieve higher professional goal in life.

Ms DAIZI JAFAR MASIH

# NURSING



Nursing is an art, a science, a pray and a profession. Its theme is "....and if any one saved a life, it would be as if he saved the life of the whole humanity (Al-Quran 5:32). As an art it has been shaped by its Christian & Islamic heritage. Its focus is the generation of knowledge related to persons and their environments for the purpose of providing meaningful, consumer entered health care across diverse cultures. It's a unique caring profession serving Allah's peoples worldwide. It considers the culture, society, and economics that influence the health of individuals, families, communities, and society. The focus of the profession is the care of individuals, groups, and communities through the application of specific discipline-related knowledge.



# **INTRODUCTION**

## RAWAL INSTITUTE OF HEALTH SCIENCES

Rawal Institute of Health Sciences (RIHS) is a Private Limited Company registered under Section 32 of the Companies Ordinance, 1984, bearing Corporate Universal Identification No.0075266. The RIHS facilities (College & Hospital) are set up on a plot owned by the institution having a covered area of 150,000 sqf at present, which will be expanded to another 90,000 Sq.ft. in the coming years.

It is located on Lehtrar Road ½ a km from Khanna Bridge, on the Islamabad Expressway.Rawal College of Nursing (RCN) and Hospital building is purposely built as per guidelines of Pakistan Nursing Council (PNC) and Pakistan Medical and Dental Council (PM&DC).The hospital have 532 beds for patients with modern & comprehensive diagnostic facilities. It will not only meet the teaching requirements but will also provide the requisite free of cost healthcare services for the poor people of the area. The objective of the Post-RN BSN and Generic BSN Programs is to produce outstanding nursing practitioners, who are committed to alleviate human sufferings, who are likely to become leaders in their field. The competency of RIHS students will be reflected through their utility in improving healthcare by implementing evidence-based practice.



### **MISSION**

- To prepare top class medical & nursing professionals who have the knowledge and skills to deliver all modes of health care for the multi cultural world of today and tomorrow.
- To include habits of life-long learning and produce world leaders in medicine & nursing.
- To indoctrinate qualities of love and care in our students so that they feel privileged in treating the under privileged.

### **VISION**

- We strive to be the national leader in providing quality medical & nursing education and producing the most competent and compassionate physicians & nurses.
- We enterprise delivering patient-centered and technologically advanced medical & nursing education that harvests high quality professionals with the ability to practice medical equity.
- We endeavor to be the medical & nursing college that sets the standards for educating physicians & nurses to be the leaders of change in creating a healthier, better world.

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### **PROSPECTUS**

### PAKISTAN NURSING COUNCIL (PNC) APPROVAL

The RCN is registered with the PNC for all its programs.

### **UNIVERSITY AFFILIATION**

The RCN is affiliated with Shaheed Zulfiqar Ali Bhutto Medical University (PIMS) Islamabad.

### STUDENT AFFAIRS OFFICE

All the student affairs will be dealt in student affairs office. They will approach here through their class representatives, who will be selected on merit basis. Anyhow individual students can also contact for their personal grievances.

### TEACHING LEARNING STRATEGIES

The faculty at RCN works tirelessly to achieve their prime objective, which is to impart nursing education in the best and most productive way by using multiple modalities to enhance the efficacy of the teaching and learning process. A few of the modalities currently in use in RCN are:

- · Interactive lectures
- · Tutorials
- Clinical conferences
- · Case Studies
- · Concept mapping
- · Objective structured clinical examination
- · Presentations
- · Assignments
- · Group discussions
- · Seminars workshops

### Objectives of the Generic BSN and Post RN BSN degree program are to:

- 1. Prepare for role transition to bedside nurse.
- 2. Utilize learned concepts in clinical setting.
- 3. Enhance the clinical practice which provides the opportunity for students to become skillful though implementation theoretical knowledge into practical situation.
- 4. Develop professional growth and advancement to acquired knowledge and experience
- 5. Augment continues personal growth and development
- 6. Utilize effective critical thinking and problem solving to bring about change in nursing education and practice
- 7. Utilize scholarly skills and scientific method in critiquing and applying existing theories and research findings in selected practice settings.
- Demonstrate leadership skills to actively promote development of profession.

# **EXTRACURRICULAR ACTIVITIES**



Ms. Afshan Nazly (Former President PNC) receiving shield from Ms. Saleha Khaqan (Co-Chairperson RIHS) in Milad-2019



Organizers & Participants in Milad-2019



Generic BSN Students receiving Scholarships from Principal, Ms. Daizi Jafar, Rawal College of Nursing 2020



**Christmas Clebration-2019** 



**Breast Cancer Day 2020** 



Faculty & Students on Trip to Shimla Pahari 2019



Mrs. Fouzia Mushtaq, Registrar Pakistan Nursing Council with Faculty Rawal College of Nursing in Milad-2019



Farewell Party Oct. 2020

### **COMMITTEES**

Following committees looks after the curricular and extracurricular activities: -

- 1. The Admission Committee
- 2. The Research Committee
- 3. The Quality Assurance Committee
- 4. The Examination Committee
- 5. The Disciplinary Committee
- 6. The Program Committee
- 7. The Human Resource Committee
- 8. The Hostel & Mess Committee

NB: These committees will work in accordance to PNC rules and organizational rules, policies and procedures.

## HOSTEL

Hostel will be provided to out of station male and female students.





### **FACILITIES**

The RCN is part of RIHS which consists of Rawal General & Dental Hospital and Rawal College of Medicine & Dentistry (RCM&D), and shares its facilities for mutual benefit.

### **CLASSROOMS AND LIBRARY**

RCN classrooms are well ventilated and equipped with overhead projectors and multimedia facilities. There is also a separate demonstration lab for practicing clinical skills and library with updated reading materials. Some of essential facilities like Science Anatomy, Computer and English Language labs are shared with Rawal College of Medicine & Dentistry.









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# **CLINICAL BASED FACILITIES**

- 1. For clinical practice RCN students will utilize hospital facilities of Rawal General & Dental Hospital (RG&DH) Islamabad.
- 2. The hospital provides student nurses an exposure to a number of clinical disciplines, like:-
  - 1. Medical & allied
  - 2. Surgical & allied
  - 3. Pediatrics
  - 4. Gynae & OBs
  - 5. Out & inpatient departments
  - 6. ICU
  - 7. CCU
  - 8. NICU
  - 9. Dialysis unit
  - 10. Operation theatres
  - 11. Nephrology
  - 12. Emergency





# **COMMUNITY BASED FACILITIES**

Community Health Nursing is the synthesis of nursing and public health practice applied to promote and protect the health of population. It combines all the basic elements of professional, clinical nursing with public health and community practice. In order to promote the vision of versatility in the training of its students, RCN is linked with primary health care centers in and around Islamabad and Rawalpindi areas, namely:

- National Institute of Health Sciences
- 2. District Health Services
- 3. Regional Health Institute
- Pakistan Institute of Medical Sciences
- 5. Farash Town phase 1
- 6. Under Privileged Areas of Islamabad (Kachi-abbadi)





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Sr#	FIELD VISIT
1	Primary Health Center (PHC)
2	Walking Survey in a Community
3	Basic Health Unit (BHU)
4	Rural Health Center (RHC)
5	Bulk Water Supply Plant
6	Sewage Treatment Plant
7	Milk Plant & Dairy Farm
8	Non Governmental Organization (NGO)
9	Slaughter House

### **CAFETERIA & TUCK SHOP**

The RCN has a tuck shop within the premises and a cafeteria in RIHS building where students and faculty can get food and refreshment stuff.





### **ADMISSION POLICIES**

- Rawal College of Nursing (RCN) offers admission in two-year Post RN BScN & four-year Generic BSN degree program on yearly basis.
- Information regarding admission will be disseminated through the country's leading newspaper (English / Urdu).
- Admission would be purely based on merit.
- Classes will commence from the month of January.
- Short listed candidates' list for interview will be displayed on RCN notice board.
- Terms, conditions and all rights of admission are reserved by the institution.
- The decision of admission committee will be final and is not liable to be challenged in any court of law.

### **ADMISSION PROCEDURE**

RCN will admit students annually from Pakistan and abroad, as per its' capacity.

The college prospectus can be obtained from the Admission office of Rawal College of Nursing.

### **ADMISSION OFFICE**

Rawal College of Nursing

Lehtrar Road Khanna Dak Islamabad

Tel: +92-51-2617346 E-mail: rcn@rihs.edu.pk

### Note:

- Incomplete applications will not be processed by the Admission Office.
- Before submitting application, applicants must ensure that they have complied with the instructions given in application form.
- It remains the responsibility of the applicant to complete the application according to the instructions and time schedule.
- Diploma in midwifery (01 year) /specialization (Any Post Basic Specialty for male students) Both male and female candidates can apply.

### NOTE

Applicants are requested to submit the attested photocopies of the above mentioned documents along with application form.

- Selected candidates will be informed through courier/mail and phone call. Finally selected candidates' list will be posted at college notice board and on website as well.
- Selected candidates should must Deposit college dues within fifteen days. Failure to deposit college dues in time will result in cancellation of admission.

All onetime fees shall to be paid at the time of admission.

- Medical check-up and immunization fee will be charged on actual basis.
- RCN student' card fee will be charged.
- PNC registration fee will be charged on actual basis.
- In subsequent semesters Students will be fined as per policy RCN in case of late submission of fee. (After due date announced by RCN).

### SPONSORSHIP / ASSISTANTSHIP

Employees working at the RIHS for the last 3 years, may apply RIHS sponsorship for Post RN BScN Degree program through human resource department.

These candidates will not pay tuition fee & in return they will have to sign 02-years service agreement/bond with RIHS after completion of 02 years degree program.

# ACADEMIC OVERVIEW AND ADMISSION INTO 4 YEARS BSN PROGRAM

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### ELIGIBILITY CRITERIA OF 4 YEAR BSN DEGREE PROGRAM

- Matric with sciences as per HEC requirements
- Certificate of F.Sc with pre-medical / equivalency
- Valid CNIC
- Domicile
- Passport size photographs (Blue Background)
- Statement of interest (Minimum 500 words)
- SZABM University Entry Test with at least passing % marks
- Age: <35 Years

### STANDARD TEMPLATE FOR 4-YEAR BS NURSING

### The entire course is spread over 8 semesters.

Sr	Catagories	No. of courses Min - Max	Credit Hours Min - Max
1	Compulsory Requirement (No Choice)	9 - 9	25 - 25
2	General Courses to be chosen from other departments	7 - 8	21 - 24
3	Discipline Specific Foundation Courses	7 - 8	30 - 33
4	Major Courses including research project/Internship	11 - 13	36 - 36
5	Electives within the major	4 - 4	12 - 12
	Total	24 - 44	124 - 136

Total numbers of Credit hours 124-136 Duration 4 years Semester duration 16-18 weeks

Semesters

Course Load per Semester 15-18 Cr. Hr.

4-6 (not more than 3 lab/ Number of courses per semester

practical courses)

### FEE STRUCTURE OF BSN 4 YEARS DEGREE PROGRAM

S. No.	Items	Fee. (Rs.)
1.	Admission Fee (once)	25,000
2.	Bio-Chem. Patho Lab (equipment's Journals) Fee (once)	10,000
3.	Tuition Fee (Per Semester)	60,000
4.	Library Charges (Annual)	5,000
5.	Academic Transport for Field Visit (Per Semester)	4,000
6.	Security Fee (Once Refundable)	5,000
7.	Sports Charges (Annual)	5,000
8.	Student Welfare Fund (Annual)	5,000
9.	College ID Card (Once)	500
10.	Computer Charges (Annual)	4,000
11.	Mess Charges	As per policy (RIHS)
12.	Health Screening charges (once)	2,000
13.	Pre- Registration Fee university (Once)*	8,000
14.	Examination Fee (Per Semester)**	4,000
15.	Degree / Fee (Once) ***	16,000
	* At the time of university registration  ** At the time of university exam.  *** It will be submitted to university on completion of 2 years de  *** At the time of registration in PNC.  These are subject to changes as per policy of the university & PNC.	

### NOTE

Student alone are responsible for the submission of their college dues/fee and observance of the college rules, regulation, policies and guidelines promulgated by the college from time to time. The college or its administration shall not be liable for any loss occurring to the students due to any such failure or non-observance. As regards the financial liability of the student, the parent/guardian of the student, signing the college admission form of the student in such capacity, shall act as the surety of the student and shall be jointly and severally liable to discharge any financial liability of the student occurring under the college rules, regulations, policies and guidelines.

- All one time fees will have to be paid at the time of admission.
- Medical check-up and immunization fee will be charged on actual basis.
- RCN student card fee will be charged.
- Students will be fined Rs. 100 per day in case of late submission of fee. (After due date announced by RCN).
- In case of absentee from class & extracurricular activities the students will be charged Rs. 500 as fine per day.
- The habitual late comer from classes will be charged Rs.100 as fine per day

### For BSN

- For the 5<sup>th</sup> and final year of their clinical training, these students will be offered honorary internship in RIHS i.e., they will not be paid during that year.
- If they are unwilling to work in RIHS and want to do their internship elsewhere RCN will provide them NOC.

### ATTENDANCE POLICY

Theory: 100%Clinical: 100%Lab: 100%

However, 85% attendance will be considered for Post RN BScN students and Generic BSN students in theory in the following cases.

Death of a close family member (Parents, Siblings, Daughter/Son, Wife/Husband) Critical Medical Problem certified by doctor of the Rawal General & Dental Hospital

Giving Birth/Delivery of a baby certified by above mentioned instituteA student suffering from any-one of the above conditions has to submit fifteen percent Make-up report to appear in the final examinations. Make-up will be made during the students' vacation period.

Any absence other than the above mentioned three reasons will be considered serious disciplinary act and further actions against the student will be taken by the disciplinary committee.

After considering the above mentioned reasons, 85% attendance is mandatory anyone having a less than 85% attendance will not be allowed to appear in university final exam.

### **CURRICULUM FOR POST RN-BSN**

THE ENTIRE COURSE CONSISTS OF FOUR SEMESTERS/TERMS.
TOTAL CREDIT HOURS FOR OVERALL COURSES ARE SIXTY FOUR.

### TOTAL CREDITS FOR TWO YEARS

	Semester I	Semester II	Total
Year I	16 Credits	17 Credits	33
Year II	17 Credits	14 Credits	31
Grand Total			64

### FEE STRUCTURE OF POST RN BSN 4 YEARS DEGREE PROGRAM

S. No.	Items	Fee. (Rs.)
1.	Admission Fee (once)	30,000
2.	Bio-Chem. Patho Lab (equipment's Journals) Fee (once)	10,000
3.	Tuition Fee (Per Semester)	60,000
4.	Library Charges (Annual)	5,000
5.	Academic Transport for Field Visit (Per Semester)	4,000
6.	Security Fee (Once Refundable)	5,000
7.	Sports Charges (Annual)	5,000
8.	Student Welfare Fund (Annual)	5,000
9.	College ID Card (Once)	500
10.	Computer Charges (Annual)	4,000
11.	Mess Charges	As per policy (RIHS)
12.	Health Screening charges (once)	2,000
13.	Pre- Registration Fee university (Once)*	8,000
14.	Examination Fee (Per Semester)**	4,000
15.	Degree / Fee (Once) ***	16,000
* At the time of university registration  ** At the time of university exam.  *** It will be submitted to university on completion of 2 years degree program  **** At the time of registration in PNC.  These are subject to changes as per policy of the university & PNC.		

### **BASIC DHS WORKSHOP**

RIHS takes pledge of offering free training workshop of BASIC DHS initiated for improvement of basic procedures and skills. The training is offered to both students and instructors.







### **FUTURE PROGRAMS**

Rawal College of Nursing intends to initiate specialization program the following specialization programs by 2020.

- 1. Critical Care Nursing/Intensive Care Nursing (ICU)
- 2. Diploma in Cardiology Nursing/CCU
- 3. Diploma in Anesthesia Nursing
- 4. Diploma in Pediatric Nursing
- 5. Accident & Emergency Nursing

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# PERMANENT FACULTY

•	MS. DAIZI JAFAR MASIH MSN, BSc. PSYCHOLOGY, BSN	PRINCIPAL ASSISTANT PROFESSOR
•	MR. FARHAN AHMED MSN, BSN	SENIOR NURSING LECTURER
•	MR. MUHAMMAD SHAKEEL SHEHZAD POST RN BSN, DIP. CARD	SENIOR NURSING LECTURER
•	MS. TABASSUM NOUMAN BSN, MSc, PSYCHOLOGY, B.ED	SENIOR NURSING LECTURER
•	MR. MUHAMMAD MUBASHAR POST RN BSN, SPECIALIZATION IN ICU/CCU	NURSING LECTURER
•	MS. NAGEENA NARGIS POST RN BSN	NURSING LECTURER
•	MS. TAHIRA BATOOL POST RN BSN, Bsc.	NURSING LECTURER
•	MS. AMARAH TAHIR MALIK POST RN BSN	NURSING LECTURER
•	MS. JESSICA NASIR JOHN BSN GENERIC	NURSING LECTURER
•	MS. SANA QAMAR BSN GENERIC	NURSING LECTURER
•	MR. ROOH ULLAH	NURSING LECTURER

- MS. MARIA BIBI
   PHD SCHOLAR, M. PHIL BIO-CHEMISTRY /
   MOLECULAR BIOLOGY
- MS. SUMBAL SHAFIQUE
  MSc COMPUTER SCIENCE

  COMPUTER LECTURER
- MR. HUSHMAT ULLAH AZEEM
  MA ENGLISH, B-Ed

  ENGLISH LECTURER
- MR. M. SADAQAT TAHIR
  M.PHIL SCHOLAR, MA ENGLISH
- MS. SADIA BIBI

  MSc. STATISTICS

  LECTURER
- MR. EJAZ HUSSAIN
   MBA, M.PHIL., HEALTH CARE MANAGEMENT, BSC, B.COM
   PAKISTAN STUDIES
   LECTURER
- MR. SAJJAD AHMED GRADUATION, F.Sc., DIPLOMA IN COMPUTER SKILLS

SENIOR LECTURER

**ADMIN OFFICER** 



BSN

# VISITING FACULTY OF RIHS

VISITING PACCI	
1. DR. AZAM-ZIA MBBS, M.PHIL, MCPS	PROFESSOR
2. DR. ANJUM SYED MBBS, M.Phil	PROFESSOR
3. PROF. ZARMINA SAGA MBBS,M.PHIL,DIP HP EDU	PROFESSOR
<b>4. DR. MIRZA INAM-UL-HAQ</b> MBBS, MPH, MBA, PGDHE, MPHE	PROFESSOR
<b>5. Dr. Nurain Biag</b> MBBS, M.PHIL	ASSOCIATE PROFESSOR
<b>6. DR ZUNNERA RASHID CH</b> MBBS, M.PHIL	ASSOCIATE PROFESSOR
7. DR. AISHA AKBAR MBBS, MD	ASSOCIATE PROFESSOR
8. DR SHEHLA AMBREEN ALIZAI MBBS, DCP, FCPS	ASSOCIATE PROFESSOR
9. DR. AAMNA KHALIL MBBS,M.PHIL	ASSOCIATE PROFESSOR
10. DR SIDRA ARSHAD MBBS, M.PHIL(PHYSIOLOGY)	ASSISTANT PROFESSOR
11. DR. SHEIKH KASHIF RAHEEM MBBS, MPH	ASSOCIATE PROFESSOR
12. SALEEM ABBASI MSIT, DCHS	QUALITY ASSURANCE MANAGER



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