ASPIRE INSTITUTE OF HEALTH & PROFESSIONAL STUDIES · TANDO ADAM

LADY HEALTH VISITOR (LHV)

Curriculum and scheme of studies

DURATION 2 Years, annual exams	EXAMS Annual exams	AWARDED / EXAMINED BY SNEB Karachi · recognised by PNMC
GENDER Female	AGE 14–35 years	CLINICAL TRAINING Yes, hospital and community
ATTENDANCE 75% required	ASSESSMENT Theory + viva	

SCHEME OF STUDIES

Hospital-based maternal care in the first year; maternal and child health, public health and community work in the second. Annual exams by the Sindh Nursing Examination Board.

First year: maternal and reproductive health

Obstetrics
Pregnancy, antenatal care, normal and complicated pregnancy, labour and delivery, and the postpartum period.

Obstetrical Nursing
Safe, compassionate nursing care in pregnancy, labour, delivery and after birth, and spotting complications.

English I
Reading, writing and communication for health and community settings.

Hospital Clinical Practice I
Supervised maternal and obstetrical care in hospital.

Second year: community, mother-child and public health

Public Health Practices (P-I)
Health promotion, disease prevention, community assessment and basic public health services.

Maternal & Child Health Practices (P-II)
Antenatal and postnatal care, newborn care, child growth, nutrition and immunisation.

Hygiene & Communicable Diseases (P-III)
Personal and environmental hygiene, sanitation, and control of communicable diseases.

Education & Management (P-IV)
Health education, counselling, record keeping and organising health services.

English II
Professional communication, health terms and documentation.

Clinical Practice II
Supervised hospital and community-based care.

ELIGIBILITY

- FSc Pre-Medical 45% or Matric Science 45%
- Age 14 to 35 years · female candidates only

CAREER SCOPE

Hospitals & primary care

- Government and private hospitals
- Basic Health Units (BHUs)
- Rural Health Centres (RHCs)
- Maternity homes and clinics

Maternal & child health

- Maternal and child health centres
- Family planning and reproductive health services
- Mother, newborn and child health projects
- Home-based maternal care

Community & public health

- Public and community health programmes
- NGOs and health development organisations
- Community outreach
- School health programmes

WHO TEACHES YOU

Programme Coordinator | Senior Nursing Instructor | Nursing Instructor | Obstetrics & Obstetrical Nursing | Clinical Instructor – Maternal & Child Health | Community & Public Health | Hygiene & Communicable Diseases | Health Education & Management | English & Communication | Clinical Supervisor