



Integration of SDGs and Sustainability in Undergraduate Program (BS Nursing)
Dow Institute of Nursing & Midwifery (DIONAM)
2024–2025

Institutional Commitment to the SDGs

The Dow Institute of Nursing & Midwifery (DIONAM) is committed to advancing the United Nations Sustainable Development Goals (SDGs) through its academic programs, research, and community engagement. The Bachelor of Science in Nursing (BSN) program is designed to align nursing education with the principles of sustainability, health equity, and global well-being.

Through a combination of theory, clinical practice, and community service, the BSN program prepares nurses to deliver safe, evidence-based, and compassionate care while promoting the broader global health agenda. The program's learning outcomes emphasize environmental responsibility, social justice, gender equality, and partnerships for sustainable healthcare delivery.

1. Integration of SDGs in the BS Nursing Curriculum

The BS Nursing (BSN) program at DIONAM integrates sustainability and SDG principles throughout its curriculum. It emphasizes holistic care, prevention, and population health approaches that address local and global challenges in health and development.

Program Learning Outcomes (PLOs) and SDG Alignment

The BSN Program Learning Outcomes are designed to:

1. Promote good health and well-being through evidence-based nursing care (SDG 3).
2. Foster quality education and lifelong learning within nursing and community health (SDG 4).
3. Support gender equality and women's empowerment within the nursing profession (SDG 5).
4. Contribute to reducing inequalities in access to healthcare and education (SDG 10).
5. Enhance climate resilience and environmental awareness in health systems (SDG 13).
6. Strengthen institutional partnerships and ethical leadership in healthcare (SDG 16 & 17).

Key Courses and SDG Linkages

Course Title	Relevant SDGs / Sustainability Focus
Fundamentals of Nursing I & II	SDG 3, 4 – Promotes health education, preventive care, and lifelong learning.
Anatomy, Physiology, Biochemistry, Microbiology	SDG 3 – Builds biomedical understanding for disease prevention and wellness.
Pharmacology	SDG 3, 9 – Encourages safe and rational medication use through innovation and infrastructure.
Applied Nutrition	SDG 2, 3 – Addresses malnutrition, supports sustainable nutrition and recovery.
Community Health Nursing I & II	SDG 1, 3, 6, 10, 11 – Promotes population health, sanitation, and equitable community development.
Civics and Community Engagement	SDG 3, 6, 13 – Encourages civic responsibility and climate-related health awareness.
Principles of Teaching & Learning	SDG 3, 4, 10 – Builds educational capacity and promotes inclusive health education.
Adult Health Nursing I & II (Medical–Surgical Nursing)	SDG 3 – Ensures quality care and supports universal health coverage.
Maternal & Child Health Nursing	SDG 3, 5 – Promotes maternal and child well-being and gender equality.
Mental Health & Psychiatric Nursing	SDG 3, 10 – Focuses on mental wellness and inclusion, reducing stigma.
Professional Ethics for Nurses	SDG 5, 16 – Reinforces justice, gender equality, and institutional integrity.
Nursing Leadership & Management	SDG 5, 16, 17 – Develops leadership, governance, and global collaboration.
Research & Evidence-Based Practice	SDG 9, 17 – Encourages innovation and partnerships for sustainable solutions.
Public Health Nursing	SDG 3, 11, 13 – Builds resilience, disaster response, and sustainable cities.
Epidemiology & Biostatistics	SDG 3, 17 – Strengthens data use and policy for sustainable health systems.
Communication Skills / English / Behavioral Psychology	SDG 4, 10 – Promotes effective, inclusive communication in healthcare.
Islamic Studies / Pakistan Studies / Ethics	SDG 4, 16 – Encourages peace, ethics, and civic engagement.
Health Assessment I & II	SDG 3, 4 – Promotes early detection and patient-centered care.
Pathophysiology I & II	SDG 3, 4, 13 – Links health and environmental challenges to sustainable practice.
Infectious Diseases	SDG 3, 4, 10 – Strengthens prevention and education on communicable diseases.
Critical Care Nursing	SDG 3, 4, 16 – Enhances ethical care and safety in complex clinical settings.
Culture, Health & Society	SDG 3, 4, 10, 16 – Fosters cultural competence and social harmony in care.
Introduction to Nursing Research	SDG 3, 4, 9, 10 – Promotes innovation and evidence-based nursing practice.
Clinical Practicum / Internship	SDG 3, 4, 8, 10 – Integrates sustainable skills in real-world health settings.
Trends & Issues in Healthcare	SDG 3, 4, 10, 16 – Addresses global health challenges and reforms.
Geriatric Nursing	SDG 3, 4, 5, 10, 16 – Promotes equity and quality care for older adults.

3. Pedagogical and Institutional Integration

- Incorporation of community-based clinical practice and health promotion programs addressing maternal, child, and mental health.
- Emphasis on ethical, evidence-based, and patient-centered nursing practice aligned with sustainability principles.
- Promotion of environmental stewardship and climate resilience in healthcare operations.
- Encouragement of interdisciplinary collaboration across medicine, public health, and environmental sciences.
- Integration of research and innovation to develop sustainable healthcare models.

These strategies ensure that every BSN graduate from DIONAM becomes an agent of sustainable change, addressing both the local health context and the global SDG agenda.

Conclusion

The Bachelor of Science in Nursing (BSN) at the Dow Institute of Nursing & Midwifery (DIONAM) is a sustainability-driven program that embodies the United Nations Sustainable Development Goals (SDGs) in nursing education and practice.

Through integrated learning, applied research, leadership development, and community engagement, the program prepares professional nurses who are competent, compassionate, and committed to advancing a sustainable and equitable future for Pakistan and the world.

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CURRICULUM OF BACHELOR OF SCIENCE IN NURSING

2024- 2025

PREAMBLE:

Health indicators worldwide highlight the critical role of professional nursing in improving health outcomes and strengthening healthcare systems. Pakistan continues to face significant challenges in achieving universal access to quality healthcare, particularly due to a shortage of qualified nursing professionals, limited healthcare infrastructure, and disparities in service delivery between urban and rural areas.

Nursing, as a vital component of the healthcare system, directly contributes to reducing morbidity and mortality, promoting health education, and ensuring patient safety and well-being. However, awareness about the importance of evidence-based nursing practice and its role in improving quality of care remains limited within many healthcare settings.

Recognizing these challenges, the Dow Institute of Nursing & Midwifery (DIONAM) has designed the Bachelor of Science in Nursing (BSN) program to develop competent, ethical, and compassionate nurses equipped with contemporary clinical knowledge and leadership skills. The program integrates theory with practice, emphasizing holistic care, health promotion, research, and community engagement.

The BSN curriculum prepares graduates to function effectively in hospitals, communities, and educational institutions, with the ultimate goal of advancing the nursing profession in Pakistan and contributing to the achievement of the Sustainable Development Goals (SDGs)—especially those related to health, gender equality, and quality education.

GOAL:

To provide students with a comprehensive and competency-based nursing education that integrates theoretical knowledge with clinical and community practice. The program aims to prepare professional nurses who deliver safe, ethical, and evidence-based care across the lifespan, from individuals to populations. It emphasizes the development of critical thinking, leadership, research, and communication skills, enabling graduates to contribute effectively to health promotion, disease prevention, and quality healthcare delivery.

The BSN program also seeks to cultivate professional integrity, compassion, and commitment to lifelong learning, preparing graduates to meet national and global health challenges while upholding the values of the nursing profession and the principles of the **Sustainable Development Goals (SDGs)**.

OBJECTIVES:

- To enable graduates to apply the principles of nursing science, behavioral science, and public health to provide safe, effective, and holistic patient care in diverse healthcare settings.
- To develop professional competence in clinical decision-making, critical thinking, and evidence-based nursing practice.
- To equip students with effective communication, interpersonal, and counseling skills to support individuals, families, and communities in promoting health and preventing disease.
- To foster leadership and management abilities that enable nurses to take active roles in healthcare teams, policy implementation, and system improvement.
- To instill professional ethics, accountability, and compassion as the foundation of nursing practice.
- To develop the ability to conduct research and apply evidence to improve the quality and safety of healthcare services.
- To strengthen community engagement through participation in health education, disease prevention, and primary healthcare initiatives.
- To cultivate awareness of environmental health, sustainability, and disaster preparedness in alignment with global health priorities and the **Sustainable Development Goals (SDGs)**.
- To prepare graduates for continued professional growth, advanced studies, and lifelong learning within the evolving landscape of healthcare.

DEGREE PROGRAM:

A four-year professional program titled Bachelor of Science in Nursing (BSN) focuses primarily on developing nursing competencies in clinical, community, and leadership settings. This comprehensive program integrates biomedical, behavioral, and social sciences with nursing theory and practice, preparing graduates to deliver high-quality, evidence-based, and compassionate care across the lifespan.

The BSN curriculum is designed to prepare students to function effectively as professional nurses, capable of promoting health, preventing disease, and providing safe and ethical care in hospitals, communities, and educational institutions. It blends theoretical learning with hands-on clinical experiences in various healthcare environments, fostering both technical proficiency and critical thinking.

CAREER OPPORTUNITIES:

- Registered Nurse in hospitals: BSN graduates can assume roles in wards, intensive care units (ICU), emergency departments (ER), paediatrics, and other specialty services across public and private hospitals.
- Community Health Nurse: Work with public health programmes, NGOs, health departments, primary healthcare centres — promoting wellness, disease prevention, and community education.
- Nurse Educator / Faculty: Teach and mentor future nursing students or conduct in-service training and professional development for nursing staff within hospitals or academic institutions.
- Nursing Leadership & Management: Supervisory, charge-nurse or managerial roles within nursing services; involvement in policy, quality assurance, and healthcare administration.
- Specialized Nursing Practice: With further certification or postgraduate education, graduates can specialise in fields such as critical care, neonatal/pediatric nursing, oncology, cardiac nursing, mental health, etc.
- Global Opportunities & Migration: BSN credentials open pathways for working abroad in Middle East, Gulf countries, and other international settings, given the global demand for qualified nurses.
- Research & Policy Roles: Engage in nursing research, evidence-based practice improvements, health policy development and community health projects — aligning with sustainable healthcare and SDG goals.

FACILITIES AVAILABLE AT DIONAM

- Spacious, well-furnished classrooms and lecture theatres equipped with modern audio-visual aids.
- A dedicated nursing skills and simulation laboratory designed to develop clinical and procedural competencies in a safe learning environment.
- Computer and digital learning labs with access to e-learning platforms, online journals, and nursing databases.
- A well-stocked library with updated textbooks, research journals, and reference materials to support evidence-based learning.
- Clinical training facilities through DUHS-affiliated hospitals, allowing students to gain real-world experience in patient care under professional supervision.
- Research and development support through faculty mentorship and student research projects promoting innovation in nursing practice.
- Seminar halls and conference facilities for academic presentations, guest lectures, and professional development workshops.
- Hostel accommodation for out-station students ensuring a safe and comfortable living environment.

- Student Affairs Office providing academic counseling, career guidance, and co-curricular support.
- Extracurricular and recreational spaces that promote physical and mental well-being among students.

BSN (BACHELOR OF SCIENCE IN NURSING)AT DOW INSTITUTE OF NURSING & MIDWIFERY

Eligibility	• Matric / O level / equivalent examination certificate. • Intermediate Science / ‘A’ Level / equivalent examination minimum marks of 50% aggregate in intermediate Science (Pre-medical) / ‘A’ Level / equivalent examination. • Candidate’s domicile certificate of Sindh.
• Entrance Test:	• Structure Best Choice Questions (BCQs) • Interview by the selection board

EXAMINATION / EVALUATION SYSTEM:

The curriculum for the Bachelor of Science in Nursing (BSN) program at the Dow Institute of Nursing & Midwifery (DIONAM) has been structured according to the semester system of examination. Evaluation is designed to ensure continuous academic growth and clinical competency throughout the program.

Assessment is based on both internal evaluation and final examinations, ensuring a balanced approach to theory and practice. The distribution of marks will be as follows:

- 30% Internal Evaluation: includes class participation, assignments, quizzes, clinical performance, practical work, and mid-term assessments.
- 70% Final Examination: based on Best Choice Questions (BCQs), Short Answer Questions (SAQs), and Objective Structured Clinical Examinations (OSCEs) or practical demonstrations, depending on the course requirements.

For the final semester evaluation (8th Semester), examinations will be conducted under the supervision of DIONAM / DUHS, with both internal and external examiners appointed to ensure transparency and academic standards.

EXPENSES/ FEE STRUCTURE:

The costs of the nutrition degree include the usual tuition, books and other fees as per the DUHS undergraduate degree policies and procedures.

*Fee structure is subject to revise

For further information, please contact, Dow Institute of Nursing, Phone no: 021-99261441, Ext: 2601-2603

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Policy Document
Overview of BS Nursing Program Curriculum
2024-25

This policy document to be used for students enrolled in 2024 onwards

Scheme of Studies for BSN Generic

Year 1 Semester 1	
Courses	Credit hours
Fundamental of Nursing-I	3
Microbiology	2
Anatomy and Physiology-I	3
Biochemistry	2
English – Functional English	3
Ideology and Constitution of Pakistan	2
Information and Communication Technology	2
Year 2 Semester 1	
Courses	Credit hours
Fundamental of Nursing-II	4
Anatomy and Physiology-II	3
Quantitative Reasoning – I	3
Applied Nutrition	2
Islamic Studies / Ethics	2
Pak. Studies	2
Theoretical Basis of Nursing	2
Year 2 Semester 3	
Courses	Credit hours
Medical Surgical Nursing – I	7
Pathophysiology I	3
Health Assessment -I	2
Clinical Pharmacology and Drug Administration –I	2
Professional Communication Skills	3
Year 2 Semester 4	
Courses	Credit hours
Medical Surgical Nursing – II	7
Pathophysiology II	2
Health Assessment-II	2
Clinical Pharmacology and Drug Administration – II	2
Professional Ethics for Nurses	2
Applied Psychology	3
Year 3 Semester 5	
Courses	Credit hours
Pediatrics Health Nursing	7
Civics and Community Engagement	2
Epidemiology	2
Infectious Diseases	2
Maternal, Neonatal and Child Health Nursing	3
Year 3 Semester 6	
Courses	Credit hours
Mental Health Nursing	6
Introduction to Biostatistics (QR II)	3

Principles of Teaching & Learning	3
Public Health Nursing	4
Culture, Health and Society	2
Year 4 Semester 7	
Courses	Credit hours
Critical Care Nursing	7
Entrepreneurship	2
Leadership & Management	3
Introduction to Nursing Research	3
Elective	2
Year 4 Semester 8	
Courses	Credit hours
Geriatric Nursing	3
Trends and Issues in Health Care	2
Expository Writing	3
Elective	3
Clinical Practicum	4

			Total
Year I	Semester-I: 17 Credits	Semester-II: 18 Credits	35
Year II	Semester-III: 17 Credits	Semester-IV: 18 Credits	35
Year III	Semester-V: 16 Credits	Semester-VI: 18 Credits	34
Year IV	Semester-VII: 17 Credits	Semester-VIII: 15 Credits	32
Grand Total			136