Rajendra Mishra College, Saharsa

Syllabus in detail

Diploma in Health Care

1 Year Diploma Course
“Community College”
Aryabhatta Knowledge University, Patna

Name of the Papers
1. Study of Human Body and Psychiatric Disease
2. Fundamentals of Nursing
3. First-aid and Home Nursing
4. Maternal and Child Health Care
5. Community Health and Hygiene
6. Nutrition and Diet Therapy
7. Practicals based on Theory Papers 1 - 3
8. Practicals based on Theory Papers 4 - 6

Details

Theory Papers (1 - 6) : 18 Credits

- Each Theory paper
  3 Credits (45 Classes)
  1 Credit (15 Classes)
  1 Class (75 min)

- 7th Paper : Practical
  Comprising of the Practicals of Papers 1 - 3
  3 Credits (90 Classes)
  1 Credit (30 Classes)
  1 Class (75 min)
  112.5 hrs

- 8th Paper : Practical
  Comprising of the Practicals of Papers 4 - 6
  3 Credits (90 Classes)
  1 Credit (30 Classes)
  1 Class (75 min)
  112.5 hrs
Diploma in Health Care
Syllabus

Paper 1: Study of Human Body and Psychiatric Disease

Theory

1.1 Various Systems of Our Body:

- Introduction and Functions of Systems
  - Circulatory System
  - Respiratory System
  - Digestive System
  - Excretory System
  - Endocrine System
  - Reproductive System
  - Central Nervous System
  - Sensory System

1.2 Psychiatric Disease:

- Introduction of Mental Health
  - Prevention of Mental Health Disease
  - Care of Patient with Mental Health Problems

Practicals

- Assignments
- Visits to the clinics
- Case Study

3 Credits (45 Classes)
2 Credits (30 Classes)
1 Credit (15 Classes)
(20 Classes)
Paper 2: Fundamentals of Nursing

Theory 3 Credits (45 Classes)

2.1 Introduction to Nursing:

- Nursing: Definition and Meaning, Nature, Scope, Principle and History of Nursing
- Nurse: Definition and Meaning, Preparation of a nurse qualities-personal and professional
- Ethics in Nursing, Role and responsibilities of a Nurse
- Holistic approach of nursing
- Comprehensive nursing care
- Health Care agencies: Hospital and community, Type of Hospitals and their functions

2.2 Nursing care of the patient ‘A’

- Introduction to the sick and well
- Determinants of health status
- Admission procedure, reception of patient, care of patient’s belongings
- Maintenance of therapeutic environment- Temperature, light, noise and humidity
- Bed and Bed-Making- Principle of bed-making, factor to be consider in selecting and making bed, different types of bed and their uses
- Vital Signs- Assessing Temperature, weight and measures, assessing pulse, assessing respiration, assessing blood pressure, care of patient with breathing difficulty
- Use of personal protective equipments (gloves, masks, gowns), handling isolation items (linen, meal trays, non-disposable items), obtaining vital signs in isolation room and transporting a patient in isolation to another area

2.3 Nursing care of the patient ‘B’

- Personal Hygiene- Oral, Mouth Care, Skin Care, Bed Bath, Assisted Bath, Causes of Bed Sore, Bed Sore Management, Prevention of Bed Sore, hair care and pediculosis, nail care, care of eyes, nose, ears, care of perineum, back care, pressure areas, care of ultra catheter, management of urinary catheter, bedpan
- Management of patient with incontinence disposal of waste and garbage
- Comfort Measures-Normal Mobility, Impact of Immobility and Inactivity, Interference with sleep and rest, Transferring and moving patients, Change of positions, Positions used for
comfort, Rest, sleep and relief from pain, Comfort devices used for comfort and sleep, Exercises and restraints

- Hot and cold Applications - Local hot and cold Applications, Use of Hot water bag, Moist heat application, Dry Heat applications, Electric heating pads, Warm Soaks, Sitz Bath, Hot water fomentations, Ice pack
- Medications - Steam inhalations, Oxygen inhalations, Nebulisations, eye drops, ear drops, oral medications, application of ointments
- Management of Patients – Care of fever patient, Diet of fever patient, Bedridden, Paralyzed patients, Fracture patients, Sever weak patients, Old age patients

2.4 Nursing Procedures: 1 Credit (15 Classes)
- Aseptic Practices
- Surgical Asepsis
- Medications and therapies
- Oral Medications
- Local Applications

2.5 Record Keeping and Documentation:

Responsibilities and Function for record keeping and documentation

Practicals (40 Classes)

- Admission procedure, reception of patient, care of patient’s belongings
- Maintenance of therapeutic environment- Temperature, light, noise and humidity
- Bed and Bed-Making- Principle of bed-making, factor to be consider in selecting and making bed, different types of bed and their uses
- Vital Signs- Assessing Temperature, weight and measures, assessing pulse, assessing respiration, assessing blood pressure, care of patient with breathing difficulty
- Use of personal protective equipments (gloves, masks, gowns), handling isolation items (linen, meal trays, non-disposable items), obtaining vital signs in isolation room and transporting a patient in isolation to another area
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- Management of patient with incontinence disposal of waste and garbage
- Comfort Measures- Normal Mobility, Impact of Immobility and Inactivity, Interference with sleep and rest, Transferring and moving patients, Change of positions, Positions used for comfort, Rest, sleep and relief from pain, Comfort devices used for comfort and sleep, Exercises and restraints
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- Aseptic Practices
- Surgical Asepsis
- Medications and therapies
- Oral Medications
- Local Applications
- Responsibilities and Function for record keeping and documentation
Paper 3: First-aid and Home Nursing

Theory

3 Credits (45 Classes)

3.1 Introduction to the first aid: 1 Credit (15 Classes)
- Definition of Promoting safety Consciousness
- Wounds and Haemorrhages
- Poisons swallowed
- Dogs, snake, insect bites and stings
- Scald and burns
- Foreign bodies in eye, ear, nose and throat

3.2 First Aid for simple health related problems: 1 Credit (15 Classes)
- Headache
- Fever
- Simple cuts
- Constipation
- Diarrhoea
- Cholera
- Epitasis
- Breathing problems
- Giddiness

3.3 Management of Patients with bleeding and control measures: (5 Classes)
- Measures to control bleeding
- Various techniques for bandaging

3.4 Emergency Nursing: (10 Classes)
- Artificial Respiration
- Arrangement for the reception of a casualty in house
- Approach to a casualty
- Handling and transport of Injured persons

Practicals (30 Classes)
- First Aid- Wounds and Haemorrhages
- Poisons swallowed
- Dogs, snake, insect bites and stings
- Scald and burns, Simple cuts
- Foreign bodies in eye, ear, nose and throat
- First Aid for simple health related problems – Headache, Fever, Simple cuts
- Constipation
- Diarrhoea, Cholera, Epitasis
- Breathing problems
- Giddiness
- Measures to control bleeding
- Various techniques for bandaging
- Artificial Respiration
- Arrangement for the reception of a casualty in house
- Approach to a casualty
- Handling and transport of Injured persons

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Paper 4: Maternal and Child Health Care

Theory

3 Credits (45 Classes)

4.1 Maternity Nursing :

- The reproductive system, Growth and development of Foetus, Stages of labour, Frequency of labour, Normal labour, Complication of labour

4.2 Introduction to Maternal Health :

- Care during maternity cycle, Conception period, Antenatal period, Prenatal Period, Postnatal Period, Organisation of maternal and Health care services

4.3 Introduction to Child Health :

- Growth and development of a child, Care of new born, Nutritional requirement of new born, Agencies for child care and welfare

4.4 Protection of Child Health :

- Immunisation schedules, Apgar Score, General physical examination, Importance of breast feeding, Techniques of breast feeding, Adult education on child care

Practicals

(30 Classes)

- Maternity Nursing- The reproductive system, Growth and development of Foetus, Stages of labour, Frequency of labour, Normal labour, Complication of labour
- Introduction to Maternal Health- Care during maternity cycle, Conception period, Antenatal period, Prenatal period, Postnatal period
- Introduction to Child Health- Growth and development of a child, Care of new born, Nutritional requirement of new born
- Protection of Child Health- Immunisation schedules, Apgar Score, General physical examination, Techniques of breast feeding
Paper 5: Community Health and Hygiene

Theory 3 Credits (45 Classes)

5.1 Community Health: (5 Classes)
- Define community health
- Understanding the community

5.2 Basic Sanitation and Environmental Sanitation: (20 Classes)
- Basic Sanitation and needs in village place, towns, and semi-urban areas
- Disinfection
- Sterilisation
- Communicable Disease Control
- Sanitary and Health measures for special situations
- Control and preventive care
- Home care of the patient with urinary catheter

5.3 Hygiene: (20 Classes)
- Introduction of Hygiene and Healthful living
- Environmental health and sanitation
- Factor influences the poor hygiene
- Common skin problems and interventions
- Guidelines to provide hygiene care to patients
- Care of Skin, hair, hands, feet, nails and mouth
- Hand hygiene and wash hands techniques
- Health in home, family, children, adulthood and in old age
- Disposal of refuse
- Domiciliary health services
- Definition for family planning, Methods (Permanent, Temporary)

Practicals (30 Classes)
- Basic Sanitation and needs in village place, towns, and semi-urban areas
- Disinfection
- Sterilisation
- Communicable Disease Control
- Sanitary and Health measures for special situations
- Control and preventive care
- Home care of the patient with urinary catheter
- Factor influences the poor Hygiene
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- Guidelines to provide hygiene care to patients
- Care of Skin, hair, hands, feet, nails and mouth
- Hand hygiene and wash hands techniques
- Health in home, family, children, adulthood and in old age
- Disposal of refuse
- Family planning, Methods (Permanent, Temporary)
Paper 6: Nutrition and Diet Therapy

Theory 3 Credits (45 Classes)

6.1 Nutrition:

- Introduction
- Nutritive value of food stuff
- Factors affecting nutrition
- Nutrition Education
- Relationship of Nutrition to health
- Malnutrition
- Nutritional problems of the elderly, ill and child
- Care of patient with malnutrition or nutrition problem
- Nutrition in pregnancy
- The balance diet
- Preparation, preservation and storage of food
- Kitchen Garden

6.2 Diet Therapy: 1 Credit (15 Classes)

- Vitamins (Fats, water soluble)
- Diet in various sickness
- Various Deficiency Diseases
- Adulteration Practices
- Assisting in feeding
- Feeding helpless patient
- Breast feeding
- Infants feeding
- Tube feeding

Practicals (30 Classes)

- Nutritional problems of the elderly, ill and child
- Care of patient with malnutrition or nutrition problem
- Nutrition in pregnancy
- The balance diet
- Preparation, preservation and storage of food
- Deficiency Diseases food
- Common preparations - Beverages: tea, coffee, barely water, fruit juice, shakes, lassie.
- Egg preparations: Scrambled eggs, omlette, poached egg.
- Soups: Tomato, bone, vegetable(s), liver etc.
- Light Diets: Gruel, khichri, daliya

Practical Paper 8 : 90 Classes
Paper 4 : 30 Classes
Paper 5 : 30 Classes
Paper 6 : 30 Classes