

3. Practical

Total Marks: 100
External Marks: 70
Internal Marks: 30
Credits: 6
Pass Percentage: 40%

List of Practical (Based on Paper 1 & 2)

1. Visiting an old aged home & interacting with old people to know their problems & possible solution.
2. Familiarly instructions of old aged home.
3. Mobility problem, vision, problem, depression, recovery from illness, communication problems, bone-weakness.

4. Emergency, First Aid and enabling caregivers

Total Marks: 100
External Marks: 70
Internal Marks: 30
Credits: 6
Pass Percentage: 40%

Unit 1: Recognizing & responding to Emergencies. Respond to emergencies/accidents, threats and situation of danger, other emergency situations, Immobility in severely disabled/critically ill persons including pain management.

Unit 2: How to administer medicines, appropriately and on time Care and prepare first aid kit for fever, loss of consciousness, bleeding, choking, drowning, when breathing stops, breathlessness, nasal bleeding, hypothermia, hyperpyrexia, dehydration, high altitude sickness, foreign body obstruction, seizure, sprain/ fracture, shock, burn, sun-stroke, suffocation and Sterilization articles. etc. Giving first aid for burns, poisoning, snake stings and bites etc. CPR, Diabetes and low blood sugar.

Unit 3: Counseling-individual/group/family, networking skills for referral purpose and management of community resources and empowering families, early signs of caregivers' distress, coping with stress & need for Support of the Care givers developing positive attitude, Leadership, Importance of interpersonal relationship,

Importance of understanding the difficulties and needs of disabled persons. Communicating with Elderly Clients: Seniors may be slow, forgetful, temperamental and stubborn. Learn how to manage seniors by understanding their underlying medical problems and behavior and engaging them through effective communication methods.

5. Health & Personal Hygienic Care

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

- Unit 1: Definition of Health (Physical & Mental) and Illness, Personal hygiene, Oral diseases & Dental hygiene, Differences between infectious and non-infectious diseases. Comfort Measures: Reassure/ comfort the patient, provide opportunity for rest/sleep, Support clients for daily activities (e.g. feeding, toilet, combing), Make occupied beds, Provide relaxation, Keep the patient in supine/ dorsal position, Keep the patient in prone position, Keep the patient in lateral position, Keep patient in lithotomic position, Apply Pressure relief measures to prevent bed sore, Make unoccupied beds, Apply comfort devices.
- Unit 2: Hygienic Care Services: Provide oral care, mouth care, hair care, nail care, eye care, Carry out skin care, nose/ ear care, genital area, back care, belongings (e.g. clothes, footwear), clothes, Support client for changing dresses, clothes, bathing/ washing, toileting, Ensure self-hygiene/care, Clean dishes/ utensils, Promote care practices, Maintaining personal hygiene, Environmental hygiene, Bed making Prevention of bed sores, Bed bath(sponge bath). Simple sterilization methods and prevention of cross infection, Positioning & transferring skills, Nutrition and feeding including preparation of simple therapeutic diet, Cleanliness, Regular bowel movement and urination, Assisting in exercise, rest and sleep Use of Aids & appliances.
- Unit 3: Monitoring Wellbeing: Taking & Recording pulse rate, blood pressure, respiration rate, body temperature, Make regular observation of patient, intake- output record etc.