



மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்

MANONMANIAM SUNDARANAR UNIVERSITY

**SYLLABUS FOR CERTIFICATE IN HUMAN CARE PROGRAM OFFERED THROUGH
DIRECTORATE OF VOCATIONAL EDUCATION (COMMUNITY COLLEGES AND
VOCATIONAL SKILL DEVELOPMENT CENTRES) FROM 2019 - 2020**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON
ACADEMIC AFFAIRS HELD ON FRIDAY
THE 28th JUNE 2019.**

CERTIFICATE IN HUMAN CARE

மனித பராமரிப்பு சான்றிதழ் படிப்பு

SCHEME OF EXAMINATION

Subject Code	Title Of Course	Credit	Hours	Passing Minimum
C19NE11/E19NE01	Anatomy and Physiology	6	90	40/100
C19NE12/E19NE02	Preventive Care and Management	6	90	40/100
C19NEP1/E19NEP1	Practical I-Basic Care	4	120	40/100
C19NEP2/E19NEP2	Practical II-Advanced Care	4	120	40/100
C19NEPW/E19NEPW	Project/Internship-Inpatient Care	10	150	40/100

Eligibility for admission: Pass in 10th std Examination conducted by the Govt. of Tamil Nadu Board of Secondary Education, Government of Tamil Nadu or any other equivalent Examination

Examination: Passing minimum for each Course is 40%.classification will be done on the basis percentage marks of the total marks obtained in all of the Courses and given as below:

40% but less than 50% - Third Class
50%but less than 60% - Second Class
60% and above - First Class

SYLLABUS

Course I : Anatomy and Physiology
Course II : Preventive Care and Management
Course III : Practical I – Basic Care
Course IV : Practical II – Advanced Care
Course V : Project/Internship-Inpatient Care

Program Objectives

1. Communicate effectively using interpersonal skills.
2. Safely perform and prioritize appropriate human care skills.
3. Employ appropriate thinking to safely and effectively provide human care.

COURSE I
(C19NE11/E19NE01)**ANATOMY AND PHYSIOLOGY**

Objectives

- To equip the students with the knowledge of human body system.
- To understand the function of various structure of the human body

Unit I

18 Hrs

The Body as a whole - Cavities of the body and their Contents – Cells and tissues – Organs and systems – The skin and appendages – Structure and function of skeleton - The skull – The Vertebral column – The Thorax – Bones of the upper limbs – Bones of the lower limbs.
Joints and Muscles – Types of Joints – The muscular system.

UNIT II

18 Hrs

Nervous system– The brain – cerebrum – cerebellum – mid brain – brain stem – pons and Medulla.The spinal cord and spinal nerves - The meninges and cerebrospinal fluid.-The eye – The ear – The sense of smell and taste

UNIT III

18 Hrs

Circulatory system -The blood – Blood clotting – Blood grouping – Cross matching - The heart and blood vessels.
Respiratory System-The nose pharynx – larynx – The Trachea – Bronchi – Lungs.

Unit IV

18 Hrs

Digestive System – structure and functions-The mouth – pharynx – Oesophagus – The stomach – small intestine- large intestine -rectum-anus- liver-salivary glands-gall bladder-pancreas

Unit V

18 Hrs

The Endocrine glands – Thyroid – Parathyroid – Pituitary – Adrenal gland.
Male and female reproductive system,– The Excretory system –Kidneys-ureters-urinary bladder-urethra- Urine and micturation - water and salt balance

Reference Books

1. Text Book for health workers – A.M Chalkey Vols I & II
2. Manual for Health worker –Ministry of Health and Family welfare
3. Bruce Forciea (2012) An text of Human Anatomy and Physiology, Creative Commons Attribution
4. Eldon D Enger, FC Ross and DB Bailey (2005) Concepts in Biology, (11thEdn), TMH
5. Tortora Gerald J and Bryan Derrick son (2014) Anatomy and Physiology, India Edn, Wiley India

COURSE II

(C19NE12/E19NE02)PREVENTIVE CARE AND MANAGEMENT

Objectives

- The Student gain the knowledge about hand washing techniques and personal hygiene
- To prevent spread of infection in environment

Unit I

18 Hrs

HEALTH –Definition- Basic care of patient-prevention of infection.-standard precautions-personal protective equipment-hand washing

Unit II

18 Hrs

Antenatal assessment and care- identification of high risk cases-post natal care and assessment

Unit III

18 Hrs

Immediate newborn care-newborn care –apgar score-care of preterm baby-common minor disorders of newborn-immunization

Unit IV

18 Hrs

Nutrition-nutrients-carbohydrates-protein-fat-vitamins -mineralsTypes of diet-mal-nutrition-obesity-assesment of BMI-diet plan-nutritional deficiencies-health education.

Unit V

18 Hrs

Promoting self care-rehabilitation-positioning-comfort devices-prevention and care of bed sore

References

1. Text Book for health workers – A.M Chalkey Vols I & II
2. Text Book for midwifery – Myles
3. World Health Organization (WHO):
4. Prevention of hospital acquired Infections: A practical guide. 2nd edition, Chap II
5. M. Swaminathan "Principles of Nutrition and Dietetics", 1993, Bappee 88, Mysore Road, Bangalore - 560 018.

Course III

PRACTICAL I

(C19NEP1/E19NEP1)**Basic care**

- History taking And physical examination
- Vital Signs
- Height , Weight Monitoring
- Blood Pressure
- Pulse
- Temperature
- Respiration
- Hygienic Procedure :
- Oral Hygiene
- Sponge Bath
- Hair Wash
- Pressure Sore Care
- Giving bed pan and urinal
- Feeding
- Hot and cold applications
- Back care
- Nail care
- Bed making-4types

Course IV
PRACTICAL II
(C19NEP2/E19NEP2)**Advanced care**

- Oral medication
- Oxygen therapy
- Ryles tube feeding
- Perineal care
- Baby bath
- Enema
- Nebulizer
- Handwashing
- Mask, gown, gloving techniques
- Urine test-sugar and albumin
- Wound dressing
- Preparation for IV infusions
- Subcutaneous injection-insulin
- Catheterization
- Catheter Care

REFERENCE

Principles and Practice of Nursing. Vol I , Vol II , - Sr .Nancy
[Http// .En. M. Wikipedia.Org/Wiki/.Care Giver](http://.En. M. Wikipedia.Org/Wiki/.Care Giver)

Course V
(C19NEPW/E19NEPW)**PROJECT/INTERNSHIP**

INPATIENT CARE

- Pre Operative Care-1
- Antenatal Care-1
- Post Natal Care-1
- Medical Care-1
- Surgical Care-1
