



மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்

**MANONMANIAM SUNDARANAR UNIVERSITY**

**SYLLABUS FOR DIPLOMA IN HOME AID 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 28<sup>th</sup> JUNE 2019**

**DIPLOMA IN HOME AID CARE**  
வீட்டில் நோயாளிகள் பராமரிப்பு பட்டயம்

**SCHEME OF EXAMINATION**

Subject code	Title of Course	Credit	Hours	Passing Minimum
<b>SEMESTER I</b>				
C19HE11/E19HE01	Anatomy and Physiology	6	90	40/100
C19HE12/E19HE02	Home Care	6	90	40/100
C19HE13/E19HE03	Environment and Health	6	90	40/100
C19CE10/E19CE10	Communicative English	6	90	40/100
C19HEP1/E19HEP1	Practical I – Basic Procedures	4	120	40/100
<b>SEMESTER II</b>				
C19HE21/E19HE04	Preventive Care and Management	6	90	40/100
C19HE22/E19HE05	First Aid	6	90	40/100
C19LS23/E19LS05	Life Skill	6	90	40/100
C19HEP2/E19HEP2	Practical II – Advanced care	4	120	40/100
C19HEPW/E19HEPW	Project/Internship – Patient Care	10	150	40/100

**Eligibility for admission:** Pass in 12<sup>th</sup> Std. Examination Conducted by the Govt. of Tamil Nadu Board of Secondary Education, Government of Tamilnadu (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

**Theory Paper**

Internal Marks-25

External Marks-75

## **SYLLABUS**

### **SEMESTER I**

Course I	:	Anatomy and Physiology
Course II	:	Home Care
Course III	:	Environment and Health
Course IV	:	Communicative English
Course V	:	Practical I - Basic Procedures

### **SEMESTER II**

Course VI	:	Preventive Care and Management
Course VII	:	First Aid
Course VIII	:	Life skill
Course IX	:	Practical II - Advanced care
Course X	:	Project/Internship – Patient Care

**\*(Semester Pattern for Community College Only)**

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### **Program Objectives**

1. Communicate effectively using interpersonal skills.
2. Utilize evidence-based interventions to achieve optimal adaptation.
3. Safely perform and prioritize appropriate home care skills.
4. Employ appropriate thinking to safely and effectively provide preventive care.

## **SEMESTER I**

### **Course I**

#### **(C19HE11/E19HE01)Anatomy and Physiology**

#### **Objectives:**

- The student know about the basics of anatomy
- 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**

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

**Course II**  
(C19HE12/E19HE02)**Home Care**

**Objectives**

- To student know about the health care system, and care of patient at home setup
- To improve student skill about home care

**Unit I**

**18 Hrs**

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

**Unit II**

**18 Hrs**

Home care-definition-care of unconscious-care of colostomy bag- gastrostomy feeding-tracheostomy tube care-perineal hygiene-care of fracture patient-care of paralysed patient-uses of wheel chair-crutches-chestphysio-passive exercises

**Unit III**

**18 Hrs**

Antenatal and post natal care-care of newborn-baby bath-care of preterm baby-

**Unit IV**

**18 Hrs**

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

**Unit V**

**18 Hrs**

Positioning-comfort devices-prevention and care of bedsore-specimen collection-common symptoms and diseases-eyes, ears, heart, lungs, digestive system, reproductive system, excretory system, back pain, fever, diarrhoea.

**References**

- World Health Organization (WHO):
- Prevention of hospital acquired Infections: A practical guide. 2nd edition, Chap II
- Text book of health worker AM Chakley
- M. Swaminathan "Principles of Nutrition and Dietetics", 1993, Bappeo 88, Mysore Road,

**Course III**  
(C19HE13/E19HE03)**Environment and Health**

**Objectives**

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

**Unit I**

**18 Hrs**

Environmental sanitation and health-safe water supply-sources of water in the community-the problems of impure water-protection of water supply and purification methods-use of water in prevention and treatment of illness

**Unit II**

**18 Hrs**

Disposal of refuse and excreta-types of refuse-health hazards-method of disposal of dry refuse-methods of disposal of wet refuse and excreta

**Unit III**

**18 Hrs**

Food and milk sanitation-community measures for safe food and milk-safety of food in bazaars stores and eating places-disease caused by contaminated food and milk and specific preventive measures

**Unit IV**

**18 Hrs**

Housing regulations in the community-standards of housing-ventilation-lighting-diseases and accidents due to poor housing.

**Unit V**

**18 Hrs**

Control of insects, rats and stray dogs-diseases caused by insects-diseases caused by rodent and stray dogs-control measures to be taken by the community.

**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. Goodman RA, Bunnell R, Posner SF (October 2014). "What is "community health"? Examining the meaning of an evolving field in public health".Preventive Medicine. 67 Suppl 1: S58–61.
4. Elias Mpofo, PhD (2014-12-08). Community-oriented health services : practices across disciplines. Mpofo, Elias. New York, NY. ISBN.
5. " Pearce J, Witten K, Bartie P (May 2006). "Neighbourhoods and health: a GIS approach to measuring community resource accessibility"

## **Course IV**

### **(C19CE10/E19CE10)Communicative English**

#### **1. Basic Grammar:**

- a. Review of grammar
- b. Remedial study of grammar
- c. Simple sentence
- d. Word passive voice etc.

#### **2. Bubbling Vocabulary:**

- a. Synonyms
- b. Antonyms
- c. One – work Institution

#### **3. Reading and Understanding English**

- a. Comprehension passage
- b. Précis – writing
- c. Developing a story from hints.

#### **4. Writing English**

- a. Writing Business letters.
- b. Paragraph writing
- c. Essay writing
- d. Dialogue writing

#### **5. Speaking English**

- a. Expressions used under different circumstances
- b. Phonetics

#### **Reference**

1. V.H.Baskaran – “English Made Easy”
2. V.H.Baskaran – “English Composition Made Easy”  
(Shakespeare Institute of English Studies, Chennai)
3. N.Krishnaswamy – “Teaching English Grammar”  
(T.R.Publication, Chennai)
4. “Life Skill” – P.Ravi, S.Prabakar and T.TamzilChelvam,  
M.S.University, Tirunelveli.

**Course V**  
**Practical I**  
**(C19HEP1/E19HEP1)Basic Procedures**

- 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



## **SEMESTER II**

### **Course VI**

#### **(C19HE21/E19HE04) Preventive Care and Management**

##### **Objectives**

- To student know about the health care system, prevention of illness
- To improve student skill about care of patient

##### **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-assessment of BMI-diet plan-nutritional deficiencies-health education.

##### **Unit V**

**18 Hrs**

Promoting self care-rehabilitation-positioning-comfort devices-prevention and care of bedsore

##### **References**

- World Health Organization (WHO):
- Prevention of hospital acquired Infections: A practical guide. 2nd edition, Chap II
- M. Swaminathan "Principles of Nutrition and Dietetics", 1993, Bapneo 88, Mysore Road,

## Course VII

### (C19HE22/E19HE05)First Aid

#### Objectives:

- The student know about the basics technique about problems.
- The students gain knowledge about prevent dangerous health problems

#### Unit I

**18 Hrs**

First aid – golden rules of first aid – life savings measures – principles of First aid. Dressing and bandages – first aid supplies and kit –

#### Unit II

**18 Hrs**

First aid in injuries of the skin – wounds – burns – scalds.  
Bites and stings – dog bite – snake bite – scorpion bite.

#### Unit III

**18 Hrs**

Fractures – types of fractures – management for fractures Uses of splints – fracture of Rib – fracture of collar bone – Fracture of upper arm and lower arm – Pelvis fracture – femur fracture.

Transport of casualties – cradle method – Human Crutch – Pick – a – back – fireman lift.

#### Unit IV

**18 Hrs**

First aid in loss of consciousness – unconscious persons – fainting – effect of excessive heat – sign and symptoms of shock – treatment of shock – electric shock -Cardiopulmonary resuscitation.

First aid for foreign bodies in the eye, ear, nose, throat

#### Unit V

**18 Hrs**

First aid -general signs and symptom of haemorrhage –External haemorrhage – internal haemorrhage – bleeding from special organs.

#### Reference Books

1. Text Book for health workers – A.M ChalkeyVols II
2. First aid book for Johns Ambulance
3. Emergency First Aid: The Authorized Manual Of St.
4. Basic Illustrated Wilderness First Aid (Basic Essentials Series) ..
5. ACEP First Aid Manual, 5th Edition. Bushcraft

**Course VIII**  
(C19LS23/E19LS05)**Life Skill**

I Life Coping or adjustment

- (a) External and internal influence in one's life
- (b) Process of coping or adjustment
- (c) Coping with physical change and sexuality
- (d) Coping with stress, shyness, fear, anger far live and criticism.

II Attitude

- (a) Attitude
- (b) Self acceptance, self – esteem and self actualization
- (c) Positive thinking

III Problem Solving

- (a) Goal Setting
- (b) Decision Making
- (c) Time Management and stress Management.

IV Computers

- (a) Introduction to Computers
- (b) M.S.Office
- (c) Power Point

V Internet

- (a) Introduction to internet
- (b) E – mail
- (c) Browsing

**References**

- 1) Life Skill Programme course I & II by Dr. Xavier Alphona MCRDCE Publications. R.K.Mutt Road, Chennai – 28
- 2) ஆளுமைபண்புவுளர்த்தல் மற்றும் தகவல் தொடர்பு by M.Selvaraj Community College,Palayamkottai
- 3) “Life Skill” –P.Ravi, S.Prabahar&T.TamilChelvam, M.S. University, Tirunelveli

**Course IX  
Practical II**

(C19HEP2/E19HEP2)**Advanced care**

- Oral medication
- Oxygen therapy
- Ryle's tube feeding
- Perineal care
- Baby bath
- Enema
- Nebulizer
- Hand washing
- Mask, gown, gloving techniques
- Urine test-sugar and albumin
- Wound dressing
- Preparation for IV infusions
- Subcutaneous injection-insulin
- Catheterization& Checking blood sugar-glucometer
- 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 X**

(C19HEPW/E19HEPW)**Project/Internship-Patient Care**

CARE OF CLIENT WITH

- NUTRITIONAL DEFICIENCY
- MATERNAL CHILD HEALTH CARE
- FRACTURE
- FEVER
- LONG TERM ILLNESS

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