



மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்

**MANONMANIAM SUNDARANAR UNIVERSITY**

**SYLLABUS FOR ADVANCED DIPLOMA IN GERIATRICS AND PALLIATIVE  
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**

**ADVANCED DIPLOMA IN GERIATRICS AND PALLIATIVE CARE**

மேம்பட்ட முதியோர் மற்றும் முனைய பராமரிப்பு பட்டயம்

**SCHEME OF EXAMINATION**

Subject Code	Title Of Course	Credit	Hours	Passing Minimum
<b>Semester I</b>				
C19GP11/E19GP01	Anatomy and Physiology	6	90	40/100
C19GP12/E19GP02	Fundamentals of Health	6	90	40/100
C19GP13/E19GP03	Environment and Health	6	90	40/100
C19CE10/E19CE10	Communicative English	6	90	40/100
C19GPP1/E19GPP1	Practical I – Basic Procedures	4	120	40/100
<b>Semester II</b>				
C19GP21/E19GP04	Nutrition	6	90	40/100
C19GP22/E19GP05	First Aid	6	90	40/100
C19LS23/E19LS05	Life Skill	6	90	40/100
E19GPP2/C19GPP2	Practical II – Advanced Procedures	4	120	40/100
C19GPIP/E19GPIP	Project/Internship- Patient Care	10	150	40/100
<b>Semester III</b>				
C19GP31/E19GP06	Psychology	6	90	40/100
C19GP32/E19GP07	Microbiology	6	90	40/100
C19GP33/E19GP08	Sociology	6	90	40/100
C19GPP3/E19GPP3	Practical III-Internship in Hospital	4	120	40/100
C19GPP4/E19GPP4	Practical IV – Care of Elderly Patient and Health Education	4	120	40/100
<b>Semester IV</b>				
C19GP41/E19GP09	Palliative Care	6	90	40/100
C19GP42/E19GP10	Prevention of Illness and Health Promotion of Geriatric	6	90	40/100
C19GP43/E19GP11	Advanced Geriatric care	6	90	40/100
C19GPP5/E19GPP5	Practical V – Palliative care	4	120	40/100
C19GPPW/E19GPPW	Project /Internship	12	180	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 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

**Theory Paper**

Internal Marks-25  
External Marks-75

## SYLLABUS

### **SEMESTER I**

Course I	:	Anatomy and Physiology
Course II	:	Fundamentals of Health
Course II	:	Environment and Health
Course IV	:	Communicative English
Course V	:	Practical I– Basic Procedures

### **SEMESTER II**

Course VI	:	Nutrition
Course VII	:	First Aid
Course VIII	:	Life Skill
Course IX	:	Practical II – Advanced Procedures
Course X	:	Project/Internship- Patient Care

### **SEMESTER III**

Course XI	:	Psychology
Course XII	:	Microbiology
Course XIII	:	Sociology
Course XIV	:	Practical III-Internship in Hospital
Course XV	:	Practical IV – Care of Elderly Patient and Health Education

### **SEMESTER IV**

Course XVI	:	Palliative Care
Course XVII	:	Prevention of Illness and Health Promotion of Geriatric
Course XVIII	:	Advanced Geriatric care
Course XIX	:	Practical V – Palliative Care
Course XX	:	Project /Internship

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

### **Program Objectives**

- Communicate effectively using interpersonal skills and.
- Utilize evidence-based interventions to achieve optimal adaptation.
- Safely perform and prioritize appropriate geriatric and palliative care skills.
- Employ appropriate thinking to safely and effectively provide geriatric and palliative care.

-----

## Semester I

### Course I

#### (C19GP11/E19GP01)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

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**  
(C19GP12/E19GP02)**Fundamentals of Health**

**Objectives**

- The student know about the basics of anatomy
- To understand the function of various structure of the human body

**Unit I**

**18 Hrs**

Vital signs-temperature-pulse-respiration – Blood pressure – weight checking – height checking – history taking –methods of physical examination-types of positions-preparation for diagnostic procedures

**Unit II**

**18 Hrs**

Drugs-uses-sources-classification of drugs-routes of administration-oral medication – injection – infusion – hot and cold application –dressing of a wound-- Types of record – types of Reports.

**Unit III**

**18 Hrs**

Hand washing technique – use of gloves – use of masks in medical asepsis - mask – gloves – gowns for surgical use – surgical hand scrub – handling the sterile articles-admission of patient - discharge of patient-death care.

**Unit IV**

**18 Hrs**

Care of the skin – Care of the hair –pediculosis treatment Care of the mouth – Care of pressure sore – meeting eliminational needs –urine test-collection of specimen- bed making - Use of comfort device.

**Unit V**

**18 Hrs**

Enema – bowel wash – oxygen administration – ryles tube feeding – Catheterization-nebulizer-assisting for vaginal –rectal examination-lumbar puncture-pre and post operative care.

**Reference Books**

1. Text Book for health workers – A.M Chalkey Vols I & II
2. Introduction to patients care – Dugas
3. Manual for Nursing procedures – Teluram
4. Manual for Health worker –Ministry of Health and Family welfare
5. Potter and Perry's Fundamentals of Nursing: Second South Asia Edition4
6. Principles & Practice Of Nursing Vol 1 Nursing Arts Procedures Sr.Nancy 7th Edition.

## Course III

### (C19GP13/E19GP03)Environment and Health

#### Objectives

- The Student gain 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 Mpofu, PhD (2014-12-08). Community-oriented health services : practices across disciplines. Mpofu, 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.Tamzil Chelvam,  
M.S.University, Tirunelveli.

## **Course V**

### **Practical I**

#### **(C19GPP1/E19GPP1)Basic Procedures**

#### **Objectives**

- The student gain more skill about basic procedures
- The student practice the procedure thoroughly

#### **List of Exercises**

- 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**

(C19GP21/E19GP04)**Nutrition**

**Objectives**

- The student gain knowledge about basic nutritive values
- To gain information about nutritional problems

**Unit I**

**18 Hrs**

Classification and functions of food nutrients – carbohydrates – protein –fat – vitamins – minerals – water and cellulose – good nutrition – mal nutrition

**Unit II**

**18 Hrs**

Nutritive value of foodstuffs – the balanced diet – food groups for the family – cultural factors – food fads and habits – calorie intake for the venerable groups – sample balance diet – special diet for the patient.

**Unit III**

**18 Hrs**

Protein energy malnutrition – vitamins deficiencies – mineral deficiencies – anemia in women – Health worker Role in prevention of deficiencies and mal nutrition.

**Unit IV**

**18 Hrs**

Food adulteration – selection – storage – preparation of foods – methods of cooking – preservation of foods.

**Unit V**

**18 Hrs**

Nutrition education - principles of nutrition education - methods and media used for nutrition education – types of diets – diets in special condition – preparation of special diets.

**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. Food Science and Nutrition” by SunetraRoday
4. Fundamentals of Foods, Nutrition and Diet Therapy” by Sumati R Mudambi,
5. Food Science, Nutrition and Safety” by Suri/ Malhotra ...

## Course VII

### (C19GP22/E19GP05)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 Chalkey Vols I & 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 XII

(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) ஆளுமைபண்புவளர்த்தல் மற்றும் தகவல் தொடர்பு by M.Selvaraj Community College, Palayamkottai
- 3) “Life Skill” –P.Ravi, S.Prabahar&T.TamilChelvam, M.S. University, Tirunelveli

## **Course IX**

### **(C19GPP2/E19GPP2)Practical II- Advanced procedures**

- 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**

### **(C19GPIP/E19GPIP)Project/Internship- Patient Care**

#### **Mini Project-Types of Diet**

- DIABETIC DIET
- SALT RESTRICTED DIET
- FLUID PLAN
- LOW PROTEIN DIET
- HIGH PROTEIN DIET
- SOFT SOLID DIET
- FLUID DIET
- LOW RESIDUE DIET

## **Semester III**

### **Course XI**

#### **(C19GP31/E19GP06)Psychology**

#### **Objectives**

- To gain basic knowledge about basic psychology.
- To take care of mental illness clients.

#### **Unit I**

**18 Hrs**

Definition of psychology – how to learn more effectively – good study habits – observing – thinking – reasoning – problem solving – goals setting.

#### **Unit II**

**18 Hrs**

Personality – self concepts – self awareness and acceptance – characteristics of a mentally healthy person – factors that influence personality development

#### **Unit III**

**18 Hrs**

Emotion – positive emotion – negative emotion – stress – management of stress – frustration – conflicts – adjustment.

#### **Unit IV**

**18 Hrs**

Normal and abnormal behaviour – causes for abnormal behaviour – observation of behaviour change – prevention of mal adjustment – prevention of mental illness – defense mechanism.

#### **Unit V**

**18 Hrs**

Psychosomatic illness – Neurotic illness – psychotic illness – mental retardation – types of treatments for mental illness.

#### **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. “Textbook of Clinical Psychology” by M S Bhatia
4. “Clinical Psychology: Topics in Applied Psychology (TAP)” by Professor Graham Davey
5. Introduction to Psychology. The Quotable Jung (Hardcover) On Killing

## Course XII

### (C19GP32/E19GP07)Microbiology

#### Objectives

- To discuss the characteristics of micro organisms including bacterial, viral and fungal infections
- To discuss the measures to control the spread of micro organisms

#### Unit I

**18 Hrs**

Micro organism – classification of micro organism and their characteristics – pathogenic micro organism – paths of infection – portal of entry – portal of exit.

#### Unit II

**18 Hrs**

Disinfection – methods of disinfection – sterilization – methods of sterilization – natural agents - physical agents – chemical agents.

#### Unit III

**18 Hrs**

Collection specimen – blood, urine, stool, sputum, discharges.

#### Unit IV

**18 Hrs**

Immunity – types of immunity – Immunoglobulin, vaccines, types of vaccines, national immunization schedule.

#### Unit V

**18 Hrs**

Food poisoning – blood borne infection – microscope – types of microscope – uses of microscope.

#### Reference Books

1. Text Book for health workers – A.M Chalkey Vols I&II
2. ALCAMO EDWARD,I. FUNDAMENTALS OF MICROBIOLOGY JONES & BARTLETT 6TH
3. ALEXANDER ,S.K. LABORATORY EXERCISES IN ORGANISMAL AND MOLECULAR MICROBIOLOGY MC GRAW HILL 1ST
4. ANANTHANARAYAN,R. TEXTBOOK OF MICROBIOLOGY ORIENT LONGMAN 6TH
5. ANANTHANARAYAN,R. TEXT BOOK OF MICROBIOLOGY ORIENT LONGMAN 2ND

## Course XIII

### (C19GP33/E19GP08)Sociology

#### Objectives

- The student gain knowledge about basic social values
- To gain information about social norms and problems

#### Unit I

**18 Hrs**

Understanding and learning about community-groups-the family-structure and activities-urban and rural administrative pattern- corporation-panchayats and co-operatives

#### Unit II

**18 Hrs**

social processes-co-operation and competition –conflict, assimilation and adjustment-the individual and the process of socialisation

#### Unit III

**18 Hrs**

social controls-traditions-customs-habits-folk ways-mores-laws-social problems –anti social practices

#### Unit IV

**18 Hrs**

Social stratification and leadership patterns in the community- Caste-class-mobility-status and patterns of leadership-regionalism

#### Unit V

**18 Hrs**

The community and factor affecting its health and development-rural community-urban community-social and economic changes in 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. Herton and Hunt, Sociology, Mcgraw - Hill International, Singapore 1984
4. Abrahamson Mark, Urban Sociology, Prentice-Hall Inc, Englewood Cliffs, N.J., 1980
5. Haris C. C., The Sociology Enterprises: A Discussion of Fundamental Concept, St. Martin Press Inc., New York, 1980

## **Course XIV**

### **(C19GPP3/E19GPP3) Practical III-Internship in Hospital**

- CARE OF PATIENT WITH
- DENGUE FEVER
- FEVER
- PRE OPERATIVE PREPARATION
- ANY NUTRITIONAL DEFICIENCY

## **COURSE XV**

### **Practical IV**

### **(C19GPP4/E19GPP4) Care of Elderly Patient and Health Education**

- CARE OF ELDERS WITH
- CANCER
- VISUAL IMPAIRMENT
- HEARING IMPAIRMENT
- NUTRITIONAL DEFICIENCY
- DIARRHOEA
- FRACTURE
- HIV



## **Semester IV**

### **Course XVI**

#### **(C19GP41/E19GP09) Palliative Care**

##### **Objective**

- To student know about the health care system, and care of patient life threatening disease
- To improve student knowledge about life threatening illness

##### **Unit I**

**18 Hrs**

Palliative care –principles-definition- difference between palliative care and hospice care

##### **Unit II**

**18 Hrs**

Common cancer types- Breast Cancer Colorectal Cancer Kidney (Renal Cell) Cancer Leukemia Liver Cancer Lung Cancer Lymphoma Pancreatic Cancer Prostate Cancer Skin Cancer Thyroid Cancer Uterine Cancer

##### **Unit III**

**18 Hrs**

Terminologies-acute-chronic and all types of pain –pain rating scales-pain identification-management of pain.

##### **Unit IV**

**18 Hrs**

Palliative care need in common diseases-cancer, cardiac disease such as congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), kidney failure, Alzheimer's, Parkinson's, Amyotrophic Lateral Sclerosis (ALS)

##### **Unit V**

**18 Hrs**

Signs that someone is actively dying-10 signs of death-grief model we call the 7 Stages of Grief-last sense to go when die-simple ways bring comfort to a dying loved one-stages of death-Kubler-Ross's 5 Stages

##### **Reference**

- Brunner, vol 1,vol2,A text book of medical and surgical nursing.
- Indira Gandhi National Open University School of Health sciences;
- MME-04; Basic Geriatrics; Vol 3,4,6.Kishore J.
- National Health programs of India. 9th ed. Century publications: New Delhi; 2011. p 494-98.
- Park K. Park's textbook of preventive and social medicine. 21st ed. Jabalpur(India): BanarsidasBhanot; 2010. p 547-50.

## Course XVII

### (C19GP42/E19GP10) **Prevention of Illness and Health Promotion of Geriatric**

#### **Objectives**

- To study and gain knowledge about geriatric care
- To promote health of geriatric clients

#### **Unit I**

**18 Hrs**

Geriatric age group-importance of geriatric care-types of facilities in geriatric care centre-difference between geriatric and gerontology-Care of patient with communicable diseases-prevention and treatment

#### **Unit II**

**18 Hrs**

Levels of prevention of diseases-primary-secondary-tertiary-medical rehabilitation and psycho social rehabilitation.

#### **Unit III**

**18 Hrs**

Preventive geriatrics-Definitions Problems of elderly-Goals of Geriatric care - Prevention & control of social problems-Prevention & control of Health problems-Non- governmental organisations.

#### **Unit IV**

**18 Hrs**

Promoting self care, physical well being, emotional well being, social and spiritual health.

#### **Unit V**

**18 Hrs**

Safety measures, positioning- usage of crutches, wheel chair, participation of social activities. Improve way of living. Death care

#### **Reference Books**

1. Text Book for health workers – A.M Chalkey Vols I & II
2. Brunner, vol 1,vol2,A text book of medical and surgical nursing.
3. Situation Analysis Of The Elderly in India: Central Statistics Office; Ministry of Statistics & Programme Implementation ,Government of India: Jun 2011.
4. Kishore J. National Health programs of India. 9th ed. Century publications: New Delhi; 2011. p 494-98.
5. Park K. Park's textbook of preventive and social medicine. 21st ed. Jabalpur(India): BanarsidasBhanot; 2010. p 547-50.

## Course XVII

### (C19GP43/E19GP11)Advanced Geriatric care

#### Objectives

- To study and gain knowledge about geriatric care
- To promote health of geriatric clients

#### Unit I

18 Hrs

GERIATRIC CARE –Definition-Principles - Basic care of patient-prevention of infection.-standard precautions-personal protective equipment-hand washing-disposal of waste

#### Unit II

18 Hrs

Identification of high risk cases assessment-Coping with physical and mental changes-coping with stress and grief-promotion of physical and mental health in hospital and home

#### Unit III

18 Hrs

Care of elders with-diabetes mellitus, hypertension ,fracture-unconscious-visual and auditory impairment-paralysis-renal failure-cardiac problems-terminal illness-other chronic illness-alzheimer's disease.

#### Unit IV

18 Hrs

Role of a community health person in assisting families in the care of the elderly in their homes-hazards of old age-How loneliness affects the elderly-advanced geriatric care with family support.

#### Unit V

18 Hrs

Promoting self care-independence-mobility-rehabilitation-positioning-comfort devices-prevention and care of bedsores-specimen collection-common symptoms and diseases-eyes, ears, heart, lungs, digestive system, reproductive system, excretory system, back pain, fever, diarrhoea.

#### Reference Books

1. Text Book for health workers – A.M Chalkey Vols I & II
2. Brunner, vol 1,vol 2,A text book of medical and surgical nursing.
3. Situation Analysis Of The Elderly in India: Central Statistics Office; Ministry of Statistics & Programme Implementation, Government of India: Jun 2011.
4. Kishore J. National Health programs of India. 9th ed. Century publications: New Delhi; 2011. p 494-98.
5. Park K. Park's textbook of preventive and social medicine. Jabalpur(India): Banarsidas Bhanot; 2010. p 547-50.

## **Course XIX**

### **Practical V**

**(C19GPP5/E19GPP5)Palliative Care**

- Care of clients with
- Stress due to chronic illness
- Cancer
- Congestive heart failure (chf),
- Chronic obstructive pulmonary disease (copd)
- Kidney failure
- Alzheimer's
- Parkinson's disease

## **Course XX**

**(C19GPPW/E19GPPW)Project/Internship**

TERMINAL ILLNESS UNIT AND GERIATRIC UNIT WITH

- Cancer
- Congestive Heart Failure (CHF),
- Chronic Obstructive Pulmonary Disease (COPD)
- Kidney Failure
- Alzheimer's
- Parkinson's Disease
- Pelvic Fracture

-----