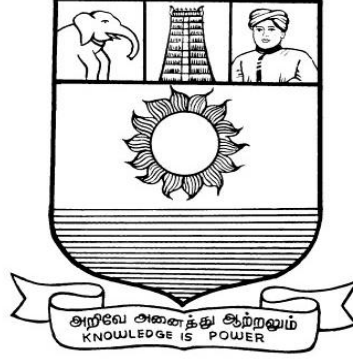


மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்
திருநெல்வேலி – 627 012

**Manonmaniam Sundaranar University
Thirunelveli – 627 012.**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON
ACADEMIC AFFAIRS HELD ON 09.02.2017**

**Syllabus for Diploma in Human Care Course offered
through Directorate of Vocational Education
Community Colleges from 2017 - 2018**

DIPLOMA IN HUMAN CARE
SCHEME OF EXAMINATION

Subject code	Title of the Paper	Credit	Hours	Passing Minimum
Semester I				
C17HU11	Basic Human System 1	6	90	40/100
C17HU12	Fundamentals of Health	6	90	40/100
C17HU13	Environment and Health	6	90	40/100
C17CE10	Communicative English	6	90	40/100
C17HUP1	Practical I	6	90	40/100
Semester II				
C17HU21	Basic human system 2	6	90	40/100
C17HU22	Microbiology	6	90	40/100
C17LS23	Life Skill	6	90	40/100
C17HU24	First Aid 1	6	90	40/100
C17HUP2	Practical II	6	90	40/100
Semester III				
C17HU31	Psychology	6	90	40/100
C17HU32	First Aid 2	6	90	40/100
C17HU33	Nutrition	6	90	40/100
C17HUP3	Practical III	6	90	40/100
C17HUPW	Mini Project in Nutrition	6	90	40/100
Semester IV				
C17HU41	Child Health	6	90	40/100
C17HU42	Maternal Health	6	90	40/100
C17HUP4	Practical IV	6	90	40/100
C17HUPW	Major Project in Child Health, Maternal Health & Record Keeping	12	180	40/100

Eligibility for admission: Pass in 12thstd 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 paper is 40%. Classification will be done on the basis of percentage marks of the total marks obtained in all the papers and as given below:

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

Syllabus

First Semester:-

- Paper I - Basic human system 1
- Paper II - Fundamentals of health
- Paper III - Environment and Health
- Paper IV - Communicative English
- Paper V - Practical I

Second Semester:-

- Paper VI - Basic human system 2
- Paper VII - Microbiology
- Paper VIII - Life Skill
- Paper IX - First Aid 1
- Paper X - Practical II

Third Semester:-

- Paper XI - Psychology
- Paper XII - First Aid 2
- Paper XIII - Nutrition
- Paper XIV - Practical III
- Paper XV - Mini Project in Nutrition

Fourth Semester:-

- Paper XVI - Child Health
- Paper XVII - Maternal Health
- Paper XVIII - Practical IV
- Paper XIX - Major Project in Child Health , Maternal Health & Record Keeping

Semester I
(C17HU11) Basic Human System 1

Unit I

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.

Unit II

Joints and Muscles – Types of Joints – The muscular system.

Unit III

Nerve tissue – The brain – cerebrum – cerebellum – mid brain – brain stem – pons and Medulla.

Unit IV

The spinal cord and spinal nerves - The meninges and cerebrospinal fluid.

Unit V

The eye – The ear – The sense of smell and taste

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.

(C17HU12) Fundamentals of Health

Unit I

Definition of health – Responsibilities of care giving worker – Functions of Male and female health worker.

Unit II

Records and Reports – Family record – Types of record – types of Reports.

Unit III

A safe and healthful environment – Economics and care of equipments – preparation of sick unit – Admission of patient - discharge of patient.

Unit IV

Care of the skin – Care of the hair – Care of the mouth – Care of the pressure areas – toilet needs – bed making - Use of comfort device.

Unit V

Observation of vital signs – Blood pressure – weight checking – height checking – history taking physical examination.

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

(C17HU13) Environment and Health

Unit I

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.

Unit II

Oral medication – injection – infusion – hot and cold application – dressing of a wound

Unit III

Enema – stomach wash – oxygen administration – ryles tube feeding – catheterization.

Unit IV

Health hazards in the rural community – Health workers responsibility in relation to health hazards – communicable disease problems – environmental sanitation problems - nutritional problems - population problems - basic sanitation needs.

Unit V

Cleanliness and basic problem – safe water – disposal of excreta waste – control of insects and rodents – house hygiene – latrine – water supply.

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

(C17CE10) Communicative English

Unit I: Learning context

Concept of learning – Learning style –Grammatical framework – sentence framing – paragraph and texts

Unit II: Reading

Basic concept – Purposes of reading-Decoding-Reading materials – Barriers of reading

Unit III: Writing

Basic concept-Writing style-Terminology-stages-English spelling and punctuation – Written texts

Unit IV: Speaking

Language functions-Conversation- Features of spoken English – Types of English course: functional English, English literature, advance English – Phonetic

Unit V: Developing Communication Skills

Meaning –Classroom presence- Features of developing learning process- Practical skills and Listening- uses of communicative English

References

1. Raman,m.&S.Sharma (2011) communication skills,OUP,New Delhi: India
2. Lata,P.&S.Kumar(2011) communication skills,OUP,New Delhi: India,
- 3.Leech,G&J.Svartvik(2002) A communicative grammar of English,Pearson,India,
4. Sethi,J. and P.V. Dharmija (2007) A course in Phonetics and spoken English.Second edition, Prentice hall: New Delhi

(C17HUP1) Practical – I

1. TPR checking and recording, oral axilla, rectal
2. Checking weight, height, BP
3. Testing urine sugar, Albumin
4. Assisting for rectal & vaginal examination
5. Collection of specimens – urine, stool, sputum, discharges
6. Bed making, open, occupied, post, operation bed
7. Admission and discharge of patients
8. Sponge bath
9. Hair wash
10. Pediculosis treatment

Semester II
(C17HU21) Basic Human System 2

Unit I

The blood – Blood clotting – Blood grouping – Cross matching - The heart and blood vessels.

Unit II

The nose pharynx – larynx – The Trachea – Bronchi – Lungs.

Unit III

Digestive System – The mouth – pharynx – esophagus – The stomach – small and large intestine - The excretory organs – The urinary system – Urine and micturation - water and salt balance

Unit IV

The Endocrine glands – Thyroid – Parathyroid – Pituitary – Adrenal gland.

Unit V

Male and female reproductive system, Kidney and functions of kidney
Nervous System - Cardiovascular System - Digestive System - Urogenital System -

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.

(C17HU22) Microbiology

Unit I

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

Unit II

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

Unit III

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

Unit IV

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

Unit V

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. Text book for microbiology -Anantha Narayanan

(C17LS23) Life Skill

(Common to All Courses)

UNIT- I ATTITUDE : Positive thinking – Goal setting – Problem Solving and Decision making – Leadership and Team Work.

UNIT- II COMMUNICATION SKILLS: Oral communication: Concept of English language – Fluency – Verbal communication in official and public situations.

UNIT-III COMMUNICATION SKILLS: Written Communication: Comprehension – Writing a formal letter like application for Job, enquiry, reply, complaint and such others – preparation of Resume, Curriculum Vitae.

UNIT- IV COMPUTING SKILLS – 1: Introduction to Computers, its various components and their respective functions – Memory storage devices – Microsoft (MS) Office – MS Word.

UNIT - V COMPUTING SKILLS – 2 Internet Basics – Origin of Internet – MODEM – ISP – Upload – Download – e-mail – Origin of worldwide web (www) Browsers – Search engines.

Reference books:

Life skill, Manonmaniam Sundaranar University Publications Division (2011)

(C17HU24) First Aid 1

Unit I

First aid – golden rules of first aid – life savings measures – principles of first aid.

Unit II

Dressing and bandages – first aid supplies and kit – size of bandages – uses of bandages

Unit III

First aid in injuries of the skin – wounds – burns – scalds.

Unit IV

Bites and stings – dog bite – snake bite – scorpion bite.

Unit V

Fractures – types of fractures – management for fractures

Reference Books

1. Text Book for health workers – A.M Chalkey Vols I & II
2. First aid book for Johns Ambulance

(C17HUP2) Practical -II

1. Mouth Care
2. Feeding the sick patient
3. Hand washing, handling, sterile equipments
4. Surgical dressing
5. Baby Care (bath)
6. Use of roller bandage, slings
7. Artificial respiration
8. Cardiac compression

Semester III
(C17HU31) Psychology

Unit I

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

Unit II

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

Unit III

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

Unit IV

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

Unit V

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.

(C17HU32)First Aid 2

Unit I

Uses of splints – fracture of Rib – fracture of collar bone – Fracture of upper arm and lower arm - Colles's fracture – Pelvis fracture – femur fracture.

Unit II

Muscle and joint injuries – strains – cramp – sprain – dislocation – Transport of casualties – cradle method – Human Crutch – Pick – a – back – fireman lift.

Unit III

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.

Unit IV

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

Unit V

First aid in hemorrhage – general signs and symptom of hemorrhage – external hemorrhage – internal hemorrhage – 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

(C17HU33) Nutrition

Unit I

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

Unit II

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

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

Unit IV

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

Unit V

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.

(C17HUP3) Practical – III

1. Oral medication
2. Help for IV injection
3. IM injection
4. Subcutaneous injection
5. Intradermal injection
6. Oxygen therapy
7. Tube feeding
8. Vaginal douche
9. Giving enema, Rectal suppositories
10. Hot water bag.

(C17HUPW) Paper – XV Mini Project in Nutrition

Semester IV

(C17HU41) Child Health

Unit I

Growth and development of a child – factors affecting growth and development – stages of child life and basic needs – assessment of growth and development – weight checking – height checking – milestones.

Unit II

Observation and assessment of a baby – examination of the baby – care of premature baby at home – care of a new born baby – management of minor disorders – apgar score - Condition of new born needing the referral.

Unit III

Breast feeding – artificial feeding – weaning – cleanliness of the food – improving the child nutrition

Unit IV

Respiratory infection – eye infection – ear infection – communicable disease – diarrhea – vomiting and dehydration – constipation – indigestion – mal nutrition

Unit V

Childhood accidents – in the home outside the home – assessment of a baby by history taking and physical examination – well baby clinic child guidance clinic –school health services and feeding programs – re habitation centre for handicapped children – legal provision for protection of children.

Reference Books

1. Text Book for health workers – A.M Chalkey Vols I & II
2. Text Book for midwifery - Myles

(C17HU42) Maternal Health

Unit I

Reproductive system structure of female – male reproductive system – female pelvis – difference between male and female pelvis- external and internal female organs menstruation – menstrual cycle

Unit II

Placenta – types of placenta – uses of placenta – abnormal placenta – amniotic fluid – normal amount color uses poly hydramnios - oligo hydramnios – umbilical cord – normal and abnormal cord

Unit III

Pregnancy – physiology of pregnancy – diagnosis of pregnancy – signs and symptom of pregnancy – antenatal intra natal care - postnatal care – general examination – history taking – palpation – auscultation –urine examination blood examination – identification of high risk cases – immunization – advice regarding diet rest – breast care – family planning methods after delivery

Unit IV

Labor – stages of labor – sign and symptom of labor – care during 1st 2nd 3rd stages of labor at hospital and home – immediate care of new born – cord care examination of new born

Unit V

Normal puerperium – changes in postnatal period – involution of uterus – lochia – breast feeding – examination of breast – diet – exercise – puperal infection – minor disorders – delayed hemorrhage – family planning methods – temporary and permanent methods

Reference Books

1. Text Book for health workers – A.M Chalkey Vols I & II
2. Text Book for midwifery - Myles

(C17HUP4) Practical – IV

1. Hot soak
2. Sitzbath
3. Cold compress
4. Ice cap
5. Steam inhalations
6. Instilling of eye drops
7. Instilling of ear drops
8. Antenatal Examination
9. Baby Care
10. Family planning education

(C17HUPW) Major Project in Child Health, Maternal Health & Record Keeping
