

**REGULATIONS AND SYLLABUS
FOR
DIPLOMA IN HEALTH CARE ASSISTANCE**

Offered by

**BHARATHIAR UNIVERSITY, COIMBATORE
FROM 2007-2008**

Under The

**UNIVERSITY INDUSTRY INTERACTION AND
CONSULTANCY SERVICE CENTER (UIICSC)
COLLABORATIVE PROGRAMME**

DIPLOMA IN HEALTH CARE ASSISTANCE**Course Title and Course Description**

The course shall be called as the “Diploma in Healthcare Assistance”. This course is designed to prepare Health Care Assistance with basic knowledge on patient care and skill in providing basic bedside care with humane understanding and assist registered nurses in delivery of nursing care in the hospital settings.

The programme will be conducted at a Hospital recognized by the Bharathiar University under the UICSC collaborative programme. Candidates shall abide by the stipulated timings, discipline, rules and regulations of the hospital to which they will be assigned for the entire course.

REGULATIONS**1. Admission Criteria:**

- a) Pass in +2
- b) Both Male and Female aged 17 years and above
- c) Graduates can also apply

2. Course Duration:

The duration shall be 12 months Full Time. The candidates admitted to this course would spend at least six hours a day and 30 hours per week in the Bharathiar University Recognized Hospitals.

3. Medium of Instruction:

English shall be the medium of instruction

4. Courses and Scheme of Examination:

Paper No.	Subject	Credits	Max Marks	
			Int	Ext
1.	Basics of Anatomy and Physiology	6	60	90
2.	Applied Microbiology	6	60	90
3.	Basics of Patient Care and Health Care Assistance	6	60	90
4.	Basics of Patient Care and Health care Assistance - I Practical	6	60	90
5.	Basics of Patient Care and Health Care Assistance - II Practical	6	60	90

5. Practical Training:

Being practical oriented programme the focus will be more for practical training. The candidate shall undergo a practical training in various OPD's and wards in the Bharathiar University affiliated Hospitals.

6. Requirement to appear for examination:

A candidate should put in a minimum of 80% attendance to be eligible to appear for the examinations.

7. Passing minimum:

To pass

a. A Candidate shall secure a minimum of 50% marks individually in the practical and Theory Examinations. A candidate failing in any one component will have to reappear for that particular component only in the supplementary examination.

b. The Candidate shall secure 50% marks in internals.

8. Classification of successful candidate

A candidate who has secured 75% and above, aggregate in the theory and practical examinations, in the first attempt, shall be deemed to have passed the examinations First class with distinction.

A candidate who has secured 60% and above aggregate in the theory and practical examinations in the first attempt shall be deemed to have passed the examination
With First Class.

Other successful candidates shall be declared to have passed the examination in Second Class.

9. Conferment of degree :

A candidate who has passed all the examinations as prescribed, shall be eligible to receive the “**DIPLOMA IN HEALTH CARE ASSISTANCE**” from the Bharathiar University.

10. Ranking:

Candidates who have passed all the examinations in the very first attempt and secure the first five positions in aggregate marks will be awarded University ranks.

11. Revision of regulations and syllabus:

The syllabus and regulations of the course are subject to modification by the concerned board every 03 years.

12. Question paper pattern:

University examination shall be conducted for 90 marks. The pattern of question paper for all the subject shall be follows:

- Multiple choice / one word answers : 15 x 1 = 15 marks (no choice)
- Short notes (100 words/ one paragraph) : 5x5 = 25 marks (either/or type)
- Elaborate (300 words or 1½ paper) : 5x10 = 50 marks (either/or type)

13. Award of Internal Assessment Marks

Internal assessment marks for theory will be awarded based on the Marks obtained in the Three Internal Assessment Tests. Internal assessment marks for practical will be awarded based on the candidates regular performance in the practical area (wards or Operation theatre or CSSD) and one practical exam marks.

PAPER 1
BASICS OF ANATOMY & PHYSIOLOGY

OVERALL OBJECTIVE : At the end of the programme the students will be able to understand the basic concepts of Anatomy and Physiology and develop desirable attitude and skill in application of this knowledge while providing care to the patients.

SPECIFIC OBJECTIVES : The students will be able to

- 1) Explain the organization of Human body
- 2) Describe the location, features and parts of systems of the body
- 3) Understand the function of various systems of the body

UNIT I : ORGANISATION OF HUMAN BODY

Definition & subdivisions of anatomy, anatomical position and terminology, regions and system of the body, cavities of the body and their contents.

Size and shape of cells. Parts of cells, cell division. Tissues of the body, characteristics and function of different types of tissues, types of glands.

UNIT II : THE SKELETAL SYSTEM

Skeleton – Definition axial and appendicular skeleton with names and location of bones Joints – Types of joints & kinds of movement possible

Muscles – Definition, types of muscles, difference between striated & smooth muscle Functions of the muscles, bone and joints.

UNIT III : THE NERVOUS SYSTEM

Subdivisions of nervous system, brain – location, external features and functions of brain & Spinal cord, location, features, functions of the sense organs

UNIT IV : CARDIO VASCULAR AND RESPIRATORY SYSTEM

The types & structure of blood vessels. Shape, structure of heart, blood supply to heart and functions of cardio vascular system

The name, location of organs of respiration and Physiology of respiration.

UNIT V : OTHER SYSTEMS OF THE BODY

Name, parts and functions of alimentary canal and accessory organs

Names of endocrine gland – location & features and function of the endocrine glands

Parts and functions of kidney, ureter, bladder and urethra

Reference :

- | | | | |
|------------------------------|---|-------------------------|-----|
| 1. Ross & Wilson | - | Anatomy & Physiology | |
| 2. Vijaya D.Joshy & Ashelete | - | Anatomy & Physiology | for |
| | | Nursing and Health Care | |

PAPER 2
APPLIED MICROBIOLOGY

OVERALL OBJECTIVE : At the end of the course the students will be able to acquire knowledge on the basic concepts of Microbiology and microbes and develop desirable skill and attitude in sterilization and disinfection and other methods of prevention of infection.

SPECIFIC OBJECTIVES : The students will be able to

1. Describe the morphological features, sources and mode of transmission of various organisms.
2. Explain concurrent and terminal disinfection methods.
3. Demonstrate skill in disinfection and sterilization of equipments, rubber goods and glass wares.
4. Follow the standard precautions to prevent blood borne infections.
5. Segregate Biomedical waste materials and dispose it appropriately.

UNIT I : INTRODUCTION

Definition & importance of microbiology for health care assistance

Classification of microorganisms

Brief morphological features of microbes.

General properties of bacteria, viruses and fungus

UNIT II : CHAIN OF INFECTION

Definition of infection

Chain of infection – Sources of microbes, routes of infection, mode of spread

Hospital acquired infection and prevention of hospital acquired infection

Immunity and its types.

UNIT III : STERILIZATION AND DISINFECTION.

Sterilization – Definition and classification physical methods of sterilization, use of autoclave, preparation and sterilization of surgical packs.

Disinfection – Definition and classification, methods of disinfection.

Principles of cleaning and disinfecting the rubber, goods, glasswares, packs, linens, equipments.

UNIT IV : STANDARD PRECAUTION AND BIOMEDICAL WASTE MANAGEMENT

Collection and transport of specimen, standard precaution for prevention of blood borne infection,

Collection of culture sources from theatre

Biomedical waste segregation and waste management.

UNIT V : ENVIRONMENTAL HYGIENE

Maintenance of Ward hygiene, Terminal and concurrent disinfection.

Role of the health care assistants in maintaining cleanliness of the patient and environmental hygiene.

SUGGESTED PRACTICALS

Clinical posting in the CSSD wards

PROCEDURES TO BE COMPLETED

Maintenance of Ward cleanliness

Concurrent and terminal disinfection of patients units

Preparation and sterilization surgical packs

Cleaning and sterilizing of rubber goods, glass wares and equipments

REFERENCE :

- | | | |
|----------------------|---|---------------------------|
| 1. Stuck A Viven | - | Microbiology for nurses |
| 2. Michall J Pelczar | - | Microbiology |
| 3. Hans G Schlesal | - | General microbiology |
| 4. Bisen P. S | - | Hand book of microbiology |

METHOD OF ASSESSMENT

Written exam, practical exam, assignment

PAPER 3
BASICS OF PATIENT CARE AND HEALTH CARE ASSISTANCE

OVERALL OBJECTIVE : at the end of the course the students will be able to acquire knowledge on the basic concepts of patient care and develop desirable skill and attitude in providing basic care to the patients and assist the registered nurses in delivery of quality care.

SPECIFIC OBJECTIVES: The students will be able to

1. Explain the factors health and the impact of illness on the patients and family members
2. Demonstrate skill in basic care such as Mouth care, Sponge bath, Back care, nail care etc.,
3. Assist the nurses in therapeutic procedures, catheterization, intravenous cannulation.
4. Prepare the patient for surgery.
5. Provide death care.
6. Demonstrate skill in cardiopulmonary resuscitation and first aid.

UNIT I : HEALTH AND WILLNESS

Definition of health and illness, factors influencing health and Illness behaviour, Impact of the illness on patient and family, Prevention of Illness, Organization of hospital, Inpatient and outpatient department, Role of Health care assistance in each department admission to the Hospital – Unit preparation, Admission procedure discharge from the hospital – Tyres, Discharge, procedure role and responsibilities of the health care assistants in Admission and discharge, Communication among the health care team and maintaining effective communication.

UNIT II : BASIC HUMAN NEEDS

Bed making, Types of beds and various positions, Promotion of comfort, Rest and sleep hygienic needs – definition, factors influencing hygiene, Basic care – bath, back care, back massage, feet and nail, mouth care, eyes, ear and nose, hair care and pediculosis, treatment, prevention of bed sore, providing urinal / bed pan, perineal care and catheter care, bowel elimination, Enemas, Sitz bath, Suppository, Passing Flatus tube, Assisting the patients with vomiting, Diarrhoea and death care, Assisting the patient for feeding vital signs, Checking the temperature, pulse and respiration, hot and cold applications – indication, contraindication and procedure.

UNIT III : SAFETY IN HEALTH CARE FACILITY

Body mechanics – principles, factors affecting body alignments, range of motion and joint, mobility, prevention of injuries and promotion of safety, transporting the patient from bed to wheel chair and vice versa, Records and reports – Types and issues, common legal and ethical, problems, negligence, mal practice, defamation, of character.

UNIT IV : FIRST AID

Basic principles of First Aid

Wounds – Types of Wounds, Wound care and Bandages,

Bleeding – Types and first aid measures, Bleeding from special parts.

Fracture – Types and first aid measures

First aid for abdominal injury, drowning, poisoning, burns

Basic life support

Lifting and transporting the unconscious victim.

UNIT V : PREPARATION OF THE PATIENT PRIOR AND AFTER THE SURGERY

Preoperative Skin preparation,

Sending and receiving the patient from operation room, assisting the nurses in the operation theater, maintaining the theatre hygiene

PAPER 4

PRACTICAL: BASICS OF PATIENT CARE AND HEALTH CARE ASSISTANCE - I

SUGGESTED PRACTICALS

Clinical posting in Outpatient departments, wards and operation rooms

Unit I

Admission and discharge procedures.

Bed making

Position

Unit II

Sponge bath, back care, back massage

Nail care, care of the eye, ear and nose

Unit III

Mouth care, hair care and pediculosis care

Providing bed pan, urinal

Unit IV

Perineal care and catheter care

Administering Enema, Suppositories

Unit V

Sitz bath and passing flatus tube.

PAPER 5

PRACTICAL: BASICS OF PATIENT CARE AND HEALTH CARE ASSISTANCE - II

Unit I

Collecting and handling of specimen
Checking the temperature, pulse and respiratory

Unit II

Cold compress, tepid sponging, cold sponging
Ice cap, hot water bags

Unit III

Preoperative skin preparation,
Transporting the patient from bed to wheel chair and vice versa
Death care

Unit IV

Maintenance of records and reports
Maintenance of cleanliness of the patient and environmental hygiene

Unit V

Hand washing technique.

REFERENCES :

1. A.Alice, A.Jebamani and C.Accamma (2004) **clinical Nursing Procedure Manual**, 2nd ed, B.I. Publications, Bangalore.
2. R.B.Caroline and K.T,Mary(2003). **Textbook of Basic Nursing**, 8th ed., Lippincott Publications, Philadelphia
3. W.Loïs,(2002), **Basic Nursing – Foundation of Skills and Concepts**, 1st ed, Delma Publications, United Kingdom
4. Madhurai Inamdar, (2003), **Textbook for Fundamentals of Nursing**, 1st ed. Vora Medical Publications, Bombay
5. Sr.Nancy,(2000) **Principles and Practice of Nursing**, 3rd ed, N.R. Brothers, Indore
6. Nursing Education Society (1994), **First Aid and Emergency Care**, 4th ed, N.R.Brothers, Indore
7. The Trained Nurses Association of India, (2001), **History and Trends in Nursing in India**, 1st ed, Rainbow Publication, New Delhi.