



**SHRI
DHARMASTHALA
MANJUNATHESHWARA
UNIVERSITY**

Ordinance Governing
Certificate in
General Duty Healthcare Assistant

SHRI DHARMASTHALA MANJUNATHESHWARA UNIVERSITY

(A State Private University established under the Shri Dharmasthala Manjunatheshwara University
Act No 19 of 2018 of Government of Karnataka and Notification No. ED 261 URC 2018 dated 19th December 2018)

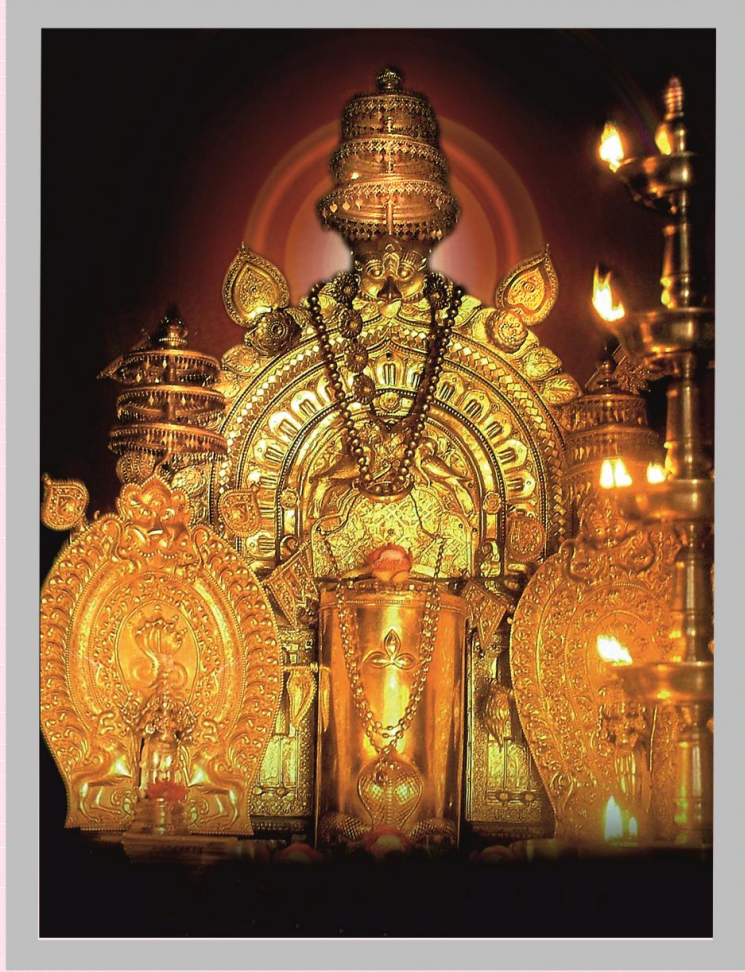
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|| Om Shri Manjunathaya Namaha ||



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THE LOGO

Poojya Dr D. Veerendra Heggade, Hon'ble Chancellor of the University, while searching for an appropriate Logo for the University, saw a photograph picked from Temple Architecture showing Wings of a Bird, sculpted in Indian style and wanted it to be incorporated in the logo for the University, as the Wings symbolize 'Spreading of Knowledge beyond Boundaries'. Further it was felt that the Central theme of the logo should be 'Rudra' (The Linga) with wings on each side. In this way, the logo of the University was conceptualized.

Hence:

1. The central part represents **Rudra** who Demolishes Darkness.
2. The Three **horizontal lines on The Linga** stand for Samyak Darshan (Right Belief), Samyak Gyan (Right Knowledge) and Samyak Charitra (Right Conduct).
3. The **Wings** symbolize spreading of Knowledge across the boundaries.
4. Base line "**Truth Liberates**" highlights the Purpose of Education: to liberate oneself unconditionally. It shows that it is not discipline, nor knowledge nor the efforts to freedom that liberate but Truth is what liberates you from all your conditioning and ignorance.

The overall significance of Shri Dharmasthala Manjunatheshwara University's Logo is:

Darkness of ignorance is destroyed by the flow of knowledge to bring Liberty to everyone, by realizing the truth. And, it should spread globally without the boundaries as hindrance.



SHRI DHARMASTHALA MANJUNATHESHWARA UNIVERSITY

VISION

Shri Dharmasthala Manjunatheshwara University will set the highest standards of teaching and learning by awakening the intelligence of the students and nurturing the creativity hidden in them by creating an environment where the ancient wisdom blends with modern science, to transform them into whole human beings to face the challenges.

MISSION

- ▶ To ensure that the journey of education is inspiring, pleasant and enjoyable.
- ▶ Attract the best of teachers and students.
- ▶ Achieve high principles of trust, love and spirituality in the students.
- ▶ Create a collaborative, diverse and exclusive community.
- ▶ Transform the student of today to be a leader of tomorrow and a better human being.
- ▶ Produce passionate teachers.
- ▶ Evolve innovative teaching techniques.
- ▶ Create a peaceful environment.
- ▶ Prepare the student to face the social challenges.
- ▶ Create a University of which the Nation is proud of.
- ▶ Be an effective partner in Nation Building.
- ▶ Create an Eco-friendly University.
- ▶ Create a University based on the principles of beauty, love and justice.

||Om Shanti! Om Shanti! Om Shanti||



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SDMU/ACD/NSG/F-4/Notfn-274/585/2022

Date: 16-07-2022

NOTIFICATION

Ordinance Governing Curricula of General Duty Healthcare Assistant

- Ref:
1. Minutes of the 5th Meeting of Academic Council
(Ref. No. SDMU/AC/M5/F-28/626/2021 Dated: 10-12-2021)
 2. Minutes of the 6th Meeting of Board of Studies - Nursing held on 17-11-2021

In exercise of the powers conferred under Statutes 1.4 (Powers and functions - Para ix & x) of Shri Dharmasthala Manjunatheshwara University, the Academic Council has accorded its approval for the notification on the ordinance governing the Curricula of the **General Duty Healthcare Assistant**.

The ordinance shall be effective from the date of notification.

Dr. Chidendra M. Shettar M.S. (Ortho.), FRCS (GLASG).

**REGISTRAR,
REGISTRAR,**

**Shri Dharmasthala Manjunatheshwara
University, Dharwad**

To: The Principal, SDM Institute of Nursing Sciences.

Copy for information to:

1. Hon'ble Chancellor, Shri Dharmasthala Manjunatheshwara University, Dharwad
2. Vice Chancellor - Shri Dharmasthala Manjunatheshwara University.
3. Pro Vice-Chancellor (Academics) - Shri Dharmasthala Manjunatheshwara University.
4. Controller of Examinations, Shri Dharmasthala Manjunatheshwara University.
5. Chairperson, Board of Studies - Nursing
6. University Office for Records File
7. Office of the Registrar



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SECTION I

PHILOSOPHY:

Shri Dharmasthala Manjunatheshwara University believes that:

Health is a state of wellbeing that enables a person to lead a psychologically, socially and economically productive life. Health is a right of all the people. Individuals, families, and communities have a responsibility towards maintaining their health.

Today nurses are being prepared through quality education and hands on clinical training covering all aspects of health including complex tasks of caring. Unfortunately the nurses are unable to reach the expectations due to acute shortage. Also available competent and efficient nursing workforces with high relevance to today health care demands have been underutilized.

Hence to bridge the gap between care demands and care provided a cadre of Nursing Assistance need to be prepared; so Shri Dharmasthala Manjunatheshwara University commenced General Duty Healthcare Assistant and graduate nurse will have sufficient time to concentrate on the higher activities such as monitoring stabilizing, and maintaining of haemodynamic status of the patient, psychosocial aspects having direct or indirect impact on recovery of the patient.

AIMS:

On completion of the training the General Duty Healthcare Assistant will assist staff nurses in broad range of areas such as maintenance of patient's personal and environmental hygiene, activities of daily living and feeding, patient safety, infection control.

OBJECTIVES:

On Completion of the GDHA training programme the Trainee will be able to

1. Assist patient in bathing, dressing up and grooming
2. Support individuals to eat and drink
3. Assist the patient in maintaining normal elimination
4. Transferring patients and their samples, drugs, documents within the hospital
5. Provide support in routine activities of inpatient department
6. Carry out last office (death care)
7. Maintain a safe, healthy and secure working environment
8. Follow infection control policies & procedures including biomedical waste disposal protocols

REGULATIONS OF THE UNIVERSITY:

In exercise of the powers conferred under Statute 1.4 (Powers and Functions – Section ix) and Statute 1.2 of Shri Dharmasthala Manjunatheshwara University, the Board of Management has accorded approval to the recommendations of the Academic Council for starting the program **General Duty Healthcare Assistant (GDHA)** under the Nursing Faculty. Shri Dharmasthala Manjunatheshwara University, Dharwad hereby makes the following regulations.

Short Title and Commencement

These regulations shall be called THE REGULATIONS FOR THE GENERAL DUTY HEALTHCARE ASSISTANT COURSE IN NURSING OF SHRI DHARMASTHALA MANJUNATHESHWARA UNIVERSITY, DHARWAD KARNATAKA and shall come into force from the academic year 2020-21.

The regulations framed are subject to modification from time to time by the Standing Academic Board and maintaining the minimum requirements set by Shri Dharmasthala Manjunatheshwara University, Dharwad.

Role Description

Individuals in this job provide patient care and assist in preparing patient's unit. Some of the key responsibilities of a General Duty Assistant are to provide personal care, comfort and assistance in fulfilling the nutritional and elimination needs of the patient while ensuring their safety.

SECTION II

1. ELIGIBILITY FOR ADMISSION

1.1. Qualifying Examination

A Candidate seeking admission to General Duty Healthcare Assistant Course:

1. Shall have passed Secondary School Leaving Certificate (SSLC) conducted by the Karnataka Secondary Education Examination Board, Bangalore.

OR

Shall have passed X class conducted by the Central Board of Secondary Education (CBSE).

1.2. Age Limit for Admission

The candidate should have completed 16 years on or before 31st December of the year of admission.

2. SELECTION PROCESS

Selection of the candidate shall be based on the merit of the marks secured in qualifying examination and personal interview conducted by the Selection Committee appointed by the University.

3. DURATION OF THE COURSE

The duration of the certified study for the GDHA Course shall extend over a period of one academic year. The maximum period to complete the course successfully shall not exceed 2 years (double the duration of course)

Table 1: Details of Subjects and Distribution of Hours for one year shall be as follows:

Vacation	2 weeks
Preparatory Holidays & Examinations	2 weeks
Total weeks available	48 weeks
40 hours per week	1920 hours

4. COMMENCEMENT OF THE ACADEMIC YEAR

Commencement of the Academic year shall be the first working day in the month of January.

5. MEDIUM OF INSTRUCTION

English shall be the medium of instruction for all the subjects of study and for examinations of the General Duty Healthcare Assistant course.

2. CURRICULUM

The Curriculum and the Syllabus for the Course shall be as prescribed in the regulations and subject to modifications by the Standing Academic Board from time to time, by maintaining the minimum requirements prescribed by Shri Dharmasthala Manjunatheshwara University, Dharwad

2.1 COURSE OF INSTRUCTION

Candidates shall undergo course of Instruction in the following subjects. Details of subjects and distribution of hours of teaching in Theory and Practical are given in the **Table 2**.

Table 2: Details of Subjects and Distribution of Hours of Teaching in Theory and Practical for GDHA Course:

Subjects	Theory (hours)	Practical (hours)
BIOSCIENCES	30	
• Anatomy & Physiology	20	
• Microbiology	10	
BEHAVIORIAL SCIENCES	20	
• Psychology	10	
• Sociology	10	
BASICS IN PATIENT CARE & FIRST AID	50	
• Patient Care	35	212 (LAB) 1528 (CLINIC)
• First Aid	15	
ENVIRONMENT & HYGIENE	20	
HEALTH EDUCATION & COMMUNICATION SKILLS	10	
NUTRITION	10	20 (LAB)
ENGLISH	20	
** BASIC COMPUTER EDUCATION		
TOTAL	160	1760
GRAND TOTAL HOURS : 1920		

** Student should submit the course completion certificate one month prior to commencement of the final examination

SECTION III

SCHEME OF EXAMINATIONS

3.1 Eligibility to appear for Exams:

- a) A candidate is required to put in a minimum of **80%** of attendance in theory and **90%** practical separately in each subject for the academic year to be eligible to appear for University examinations.
- b) If the candidate is lacking attendance in any one of the subject(s) he/she will be detained for the subject(s) in which the candidate lacks attendance but will be permitted to appear for the rest of the subjects in which the candidate is having minimum required percentage of attendance.
- c) A minimum of **50%** of internal assessment marks is mandatory in theory and practical separately in each subject for permitting the candidates to University Examinations.
- d) A candidate must have **100%** attendance in each of the practical areas.

3.2 Schedule of Regular / Supplementary Exams:

There shall be one University Examination at the end of academic year including Theory and Practical. Regular university examinations will be conducted at the end of each academic year and supplementary examinations will be conducted after regular examination once in a year.

3.3 Scheme of Examination showing Maximum Marks and Minimum Marks:

Table 3: Distribution of Subjects and Marks for Internal Assessment and University Examination for GDHA Course.

Paper	Subject	Total Marks	Internal Assessment	Final Examination	Weightage	Duration of Examination (Hrs.)
I	BIOSCIENCES	50	10	40	65%	2 hours
	Anatomy & Physiology					
	Microbiology				35%	
II	BEHAVIORIAL SCIENCES	50	10	40	65%	2 hours
	Psychology					
	Sociology				35%	

Paper	Subject	Total Marks	Internal Assessment	Final Examination	Weightage	Duration of Examination (Hrs.)
III	BASIC IN PATIENT CARE & FIRST AID	100	25	75	87%	3 hours
	Basic in Patient Care					
	First Aid					
IV	ENVIRONMENT HYGIENE HEALTH EDUCATION & COMMUNICATION SKILLS	100	25	75	50%	3 hours
	NUTRITION				25%	
					25%	
	PRACTICAL					
	BASIC IN PATIENT CARE & FIRST AID	100	50	50	-	-
		400	120	280		

Note:

- The College will conduct the examination of English with a minimum pass of 50% and the marks will be sent to the University.
- Certificate for Introduction to Basic Computers should be submitted by the Candidate

3.4 Pattern of question paper

Table 4: Pattern of Question paper of 40 Marks will be as follows (applicable for all the single subjects)

Short Essays (SE)	2 x 5	10 Marks
Multiple Choice Questions (MCQ)	1 x 15	15 Marks
True or False (T/F)	1 x 5	05 Marks
Fill in the Blanks (FIB)	1 x 5	05 Marks
Match the Following (MTF)	1 x 5	05 Marks
Total Marks		40 Marks

Table 5: Distribution of Question paper of 40 Marks will be as follows (applicable for all the single subjects)

Sl. No.	Subject (Theory)	Marks	SE	MCQs	T/F	FIB	MTF	Total
1	BIOSCIENCES							
	Anatomy	14	2 x 2	1 x 5	1 x 2	1 x 1	1 x 2	40
	Physiology	12	2 x 1	1 x 5	1 x 1	1 x 2	1 x 2	
	Microbiology	14	2 x 2	1 x 5	1 x 2	1 x 2	1 x 1	
2	BEHAVIOURAL SCIENCES							
	Psychology	26	2 x 3	1 x 10	1 x 3	1 x 4	1 x 3	40
	Sociology	14	2 x 2	1 x 5	1 x 2	1 x 1	1 x 2	

Table 6: Pattern of Question paper of 75 Marks will be as follows (applicable for all the single subjects)

Short Answers	2 x 10	20 Marks
Difference Between	2 x 5	10 Marks
MCQs	1 x 20	20 Marks
True or False	1 x 10	10 Marks
Fill in the Blanks	1 x 5	05 Marks
Match the Following	1 x 10	10 Marks
Total Marks		75 Marks

Table 7: Distribution of Question paper of 75 Marks will be as follows (applicable for all the single subjects)

Sl. No.	Subject (Theory)	Marks	SE	DB	MCQs	T/F	FIB	MTF	Total
3	BASIC IN PATIENT CARE & FIRST AID								
	Basic In Patient Care	65	2 x 9	2 x 4	1 x 18	1 x 8	1 x 4	1 x 9	75
	First Aid	10	2 x 1	2 x 1	1 x 2	1 x 2	1 x 1	1 x 1	
4	ENVIRONMENT HYGIENE	37	2 x 5	2 x 2	1 x 10	1 x 5	1 x 2	1 x 6	75
	HEALTH EDUCATION & COMMUNICATION SKILLS	19	2 x 2	2 x 1	1 x 7	1 x 2	1 x 2	1 x 2	
	NUTRITION	19	2 x 2	2 x 1	1 x 7	1 x 3	1 x 1	1 x 2	

3.5 Criteria for pass:

The candidate has to fulfil the following criteria:

- Shall pass in both Internal and University Examination separately
- Shall secure not less than **50%** of maximum marks prescribed for Internal assessment in theory and not less than **50%** of marks prescribed for Internal assessment in practical, separately in each subject and shall secure in each subject not less than **50%** of maximum marks prescribed in the University Examination for theory and not less than **50%** of marks prescribed for practical in the University Examination separately.
- **If any candidate fails either in theory or practical, he/she has to reappear for both (Theory & Practical)**

3.6 Declaration of Result:

A candidate having appeared in all the subjects in the same examination and passed that examination in the first attempt and secured marks as shown in below table.

Table 8:

Declaration of Classes	Percentage
Distinction	75% & above
First Class	65% & less than 74%
Pass Class	50% & less than 64%

- **If any candidate fails either in theory or practical, he / she has to reappear for both (Theory & Practical)**

3.7 Award of Internal Assessment Marks

The Internal Assessment consists of the following points for evaluation

- A. Theory
- B. Practical

A. Theory: 25 marks

The Internal Assessment marks for total of **25** marks, which are to be distributed as follows:

- **Subject Attendance: (5 marks) only for nursing subjects**

Table 9: Award of marks for subject attendance to each subject Theory / Practical will be as per the range given below

Attendance	Marks
81% - 84%	01
85% - 88%	02
89% - 92%	03
93% - 96%	04
97% - 100%	05

- **Academic requirement (10 marks)**

Sessional Examination the average of best two.

- **Assignment (10 Marks)**

(For each subject **3 Assignments** are to be given, each for **20 marks** and the average marks scored should be reduced for 10 marks).

***50 Marks each for English and Introduction to computer science** which are subsidiary (internal) subjects and Examination will be conducted at the institution level.

B. Practicals: 50 marks

- All the requirements indicated in the curriculum should be completed within a stipulated time and should be submitted to the concerned teacher for correction and award of Internal Assessment marks and same should be submitted to the examiners at the time of examination.
- At the end of the academic year, the average marks of the entire requirement should be calculated for 30 marks University Practical Exam for the award of Internal Assessment marks in the respective Practical subject.
- The students have to submit the duly signed Cumulative record / Log book and file during the University Practical Examination.

i. **Practical requirements (30 marks)**

ii. **Practical exams two, best one will be considered (20)**

3.8 Examiners:

- One Internal and one External examiner should jointly conduct practical examination for each student.
- However, for Basic in Patient Care & First Aid Practical Examination, Examiner from any specialty subject in Nursing shall be considered.

SECTION IV

BIOSCIENCES

Theory : 30 Hours
Anatomy & Physiology: 20 Hours
Microbiology: 10 Hours

ANATOMY & PHYSIOLOGY

Course Description:

This course is designed to help students gain knowledge of the structure and function of the human body and recognize any deviation from normal health in order to render effective patient care services.

GENERAL OBJECTIVES

On completion of the course, the student shall be able to:

1. Describe in general the structure and functions of the human body.
2. Describe in detail the structure and functions of the different organs and systems in the human body.
3. Apply the Anatomical and Physiological principles in the practice of patient care.

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	2 hrs	Define and Spell various anatomical terms Describe different organs of the body, systemic function and their inter relationship	Introduction to anatomical terms & detailed structure of the body a. Anatomical terms b. Systems and cavities of the human body c. The cell: Structure, reproduction and function d. Tissues including membranes and glands: types, structure and functions	<ul style="list-style-type: none"> Lecture cum discussion Explain using charts Record Book 	<ul style="list-style-type: none"> Short Answers MCQ
II	3 hrs	Describe the Structure and functions of skeletal system	The Skeleton System a. Structure of Skeleton b. Functions of Skeleton c. Classification of Skeleton System	<ul style="list-style-type: none"> Lecture cum discussion Explain using Charts, Videos and Models 	<ul style="list-style-type: none"> Short Answers MCQ
III	1 hr	Describe the Structure and functions of Muscular System	The Muscular System a. Type, Structure and Functions of muscle b. Origin, Insertion and action of skeleton muscles	<ul style="list-style-type: none"> Lecture cum discussion Explain using Charts, Videos and Models 	<ul style="list-style-type: none"> Short Answers MCQ
IV	3 hrs	Describe the composition of blood and its functions Describe the structure and functions of Heart and Blood Vessels	The Cardio Vascular System a. Heart: Structure, Functions including conduction system and cardiac cycle b. Blood Vessels: Types, Structure and Position c. Circulation of Blood d. Blood Pressure and Pulse e. Composition and formation of blood f. Functions of blood g. Blood clotting, blood grouping and cross matching h. Blood products and their use	<ul style="list-style-type: none"> Lecture cum discussion Explain using Charts, Models and Specimen 	<ul style="list-style-type: none"> Short Answers MCQ

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
V	2 hrs	Describe the Structure and functions of respiratory system	The Respiratory System a. The Structure and Functions of respiratory organs b. The physiology of respiration c. Characteristics of normal respiration and deviation	<ul style="list-style-type: none"> Lecture cum discussion Explain using Charts, Models and Specimen 	<ul style="list-style-type: none"> Short Answers MCQ
VI	1 hr	Describe the Structure and function digestive system	The Digestive System a. Structure and functions of the alimentary tract and its accessory organs b. The process of digestion, absorption and metabolism of food constituents	<ul style="list-style-type: none"> Lecture cum discussion Explain using Charts, Videos and Models 	<ul style="list-style-type: none"> Short Answers MCQ
VII	2 hrs	Describe the Structure and functions of organs of excretory system	The Excretory System a. Structure and functions of the kidney, ureters, urinary bladder and urethra b. Formation and composition of urine c. Fluid and electrolyte balance d. Structure and functions of the skin e. Regulation of the body temperature	<ul style="list-style-type: none"> Lecture cum discussion Explain using Charts, Videos and Models 	<ul style="list-style-type: none"> Short Answers MCQ
VIII	1 hr	Describe the Structure and functions of endocrine glands	The Endocrine System a. The structure and functions of the pituitary, thyroid, parathyroid and adrenal glands, pancreas (islets of Langerhans), ovaries and testes	<ul style="list-style-type: none"> Lecture cum discussion Explain using Charts and Models 	<ul style="list-style-type: none"> Short Answers MCQ
IX	2 hrs	Describe the Structure and functions of Nervous System	The Nervous System a. Types of Nerves System and functions b. Structure of nervous system <ul style="list-style-type: none"> CNS PNS ANS 	<ul style="list-style-type: none"> Lecture cum discussion Explain using Charts and Models 	<ul style="list-style-type: none"> Short Answers MCQ

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
X	1 hr	Describe the Structure and function of Sensory Organs	The Sense Organs a. Skin, Eye, Ear, Nose and Tongue b. Physiology of Vision, hearing, smell, touch, taste and equilibrium	<ul style="list-style-type: none"> • Lecture cum discussion • Explain using Charts and Models 	<ul style="list-style-type: none"> • Short Answers • MCQ
XI	2 hrs	Describe the Structure and functions of Male and Female Reproductive System and Accessory Organs	The Reproductive System a. Structure and functions of the Female Reproductive System b. Structure and functions of the Male Reproductive System c. Reproductive Health	<ul style="list-style-type: none"> • Lecture cum discussion • Explain using Charts, Models and Specimen 	<ul style="list-style-type: none"> • Short Answers • MCQ

MICROBIOLOGY

Theory : 10 Hours

COURSE DESCRIPTION

This course is designed to help students gain knowledge and understanding of the characteristics and activities of micro-organisms, how they react under different conditions and how they cause different disorders and diseases. Knowledge of these principles will enable student to understand and adopt practices associated with preventive and promotive health care.

GENERAL OBJECTIVES

On completion of the course, the student shall be able to

1. Describe the classifications and characteristics of micro-organisms.
2. List the common disease producing micro-organisms.
3. Explain the activities of micro-organism in relation to the environment and the human body.
4. Enumerate the basic principles of control and destruction of micro-organisms.
5. Apply the principles of microbiology in patient care.

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	1 hr	Describe evolution of microbiology and its relevance in patient care	Introduction a. History of bacteriology and microbiology b. Scope of microbiology in patient care	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ
II	4 hrs	Describe the sources of infection and growth of microbes Explain the transmission of infection and the principles in collecting specimens	Infection and its transmission Infection a) Sources b) Types of Micro Organisms c) Nosocomial Infections d) Growth of Micro Organisms e) Models of transfer f) Response to infection g) Mechanism of Infection h) Diagnostics: Types, Collection of Specimen	<ul style="list-style-type: none"> Lecture Demo Specimen Explain using Charts 	<ul style="list-style-type: none"> Short Answers MCQ
III	5 hrs	Describe the various methods of control and description of microbes	Control and destruction of Microbes Infection Control a) Immunity b) Disinfection * Classification * Immunization * Types * Methods c) Antibiotic Therapy d) Medical & Surgical Asepsis e) Waste Management	<ul style="list-style-type: none"> Lecture Demo Videos Visit to CSSD 	<ul style="list-style-type: none"> Short Answers MCQ

SUGGESTED REFERENCES:

- (a) Anathanaryan and Paniker's Textbook of Microbiology for Nurses – Ashbee H. Ruth, Mathews Mary S.
- (b) Textbook of Microbiology for Nursing – Baveja C. P.

BEHAVIOURAL SCIENCES

Theory : 20 Hours
Psychology: 10 Hours
Sociology: 10 Hours

PSYCHOLOGY

COURSE DESCRIPTION

This course is designed to help students understand the dynamics of human behaviour and concept of mental health. This shall enable them to develop positive attitude and good inter-personal relationships in the practice of patient care in all health care settings.

GENERAL OBJECTIVES

On completion of the course, the student shall be able to

1. Describe the concept of mental health and psychology.
2. Explain the dynamics of human behaviour, personality and learning.
3. Discuss the role of adjustment mechanisms and emotions in health and illness.
4. Demonstrate skills in the application of principle of psychology in patient care in all kind of health care settings

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	1 hr	State the concept, scope and importance of Psychology	Introduction a. Definition, nature and scope of Psychology b. Importance of Psychology for health care assistants	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ
II	2 hrs	Describe the structure of the mind	Structure of the Mind: a. Conscious, Pre-conscious b. Id, Ego and Super Ego	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ
III	4 hrs	Illustrate the dynamics of human behaviour. Describe the concept of mental health	Psychology of Human Behaviour a. Basic human needs, dynamics of behaviour, motivation drives b. Body mind relationship, mental health, characteristics of mentally healthy person, emotional control, psychological problems of patients and relatives c. Stress and conflicts, natural sources and types of stress and conflicts, dealing with stress and conflict, frustration sources and overcoming frustration d. Attitudes – Meaning, development changes in attitude, effects of attitudes on behaviour, importance of positive attitude for the health care assistant. e. Habits meaning and formation f. Breaking of bad habits, importance of good habit formation for the health care assistant	<ul style="list-style-type: none"> Lecture cum discussion Role Play 	<ul style="list-style-type: none"> Short Answers MCQ

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
IV	2 hrs	Describe and apply the process of learning, thinking, reasoning, observation and perception	<p>Thinking and Reasoning Nature and types of thinking, reasoning, problem solving, and importance of creative thinking for health care assistant.</p> <p>Observation and Perception Attention, perception, laws of perception, factors affecting attention and perception and errors in perception</p>	<ul style="list-style-type: none"> • Lecture cum discussion • Role Play 	<ul style="list-style-type: none"> • Short Answers • MCQ
V	1 hr	Discuss the concept and development of personality	<p>Personality a. Meaning, nature and development, types of personality b. Characteristics of various age groups – child adolescent, adult and aged</p>	<ul style="list-style-type: none"> • Lecture cum Discussion • Role Play • Psychometric Assessment 	<ul style="list-style-type: none"> • Short Answers • MCQ

SUGGESTED REFERENCES:

- (a) Psychology & Sociology for GNM and BPT students – Anthikad Jacob
- (b) Psychology for Nurses – Sreevani R.

SOCIOLOGY

Theory: 10 Hours

COURSE DESCRIPTION

This course is designed to help students gain an understanding of sociology in the context of its relevance to patient care.

GENERAL OBJECTIVES

On completion of the course, the student shall be able to

1. Describe the concept of the family as a social unit and the status of the individual in the family.
2. Explain the dynamics of society and identify common social problems.
3. Demonstrate ability to understand the socio-cultural and economic aspects of the community in the light of their effects on health and illness.
4. Utilize the knowledge and understanding of sociology in patient care.

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	2 hrs	Describe the nature, scope & content of Sociology and its importance in patient care	Introduction a. Definition and scope of Sociology b. Its relationship with other social sciences c. Uses of Sociology for health care assistants	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ Long Essay
II	3 hrs	Describe the influence of the environment on individual development and the rights and responsibilities of the individual in the society	Individual: a. Review of human growth and development b. The socialization process c. Effect of environment on human growth and development d. Rights and responsibilities of the individual in a democratic society	<ul style="list-style-type: none"> Lecture cum Discussion 	<ul style="list-style-type: none"> Short Answers MCQ Long Essay
III	4 hrs	Describe about social groups social change control	Society: a. Definition and meaning b. Social groups – Types, structure, intergroup relationship group cycle, group behaviour and group morale c. Social change – Meaning, factors affecting and effect on society and institution leading to social problems d. Social control e. Social agencies and remedial measures	<ul style="list-style-type: none"> Lecture cum Discussion Visits to Social Institutions 	<ul style="list-style-type: none"> Short Answers MCQ Long Essay
IV	1 hr	Describe the culture and characteristics of community	The Community: a. Community Definition and types, Rural and Urban b. Culture and Characteristics	<ul style="list-style-type: none"> Lecture cum Discussion 	<ul style="list-style-type: none"> Short Answers MCQ Long Essay

SUGGESTED REFERENCES:

- (a) Textbook of Sociology for GNM students – Chandraleela B.
- (b) Textbook of Behavioural Science (Sociology) (exclusively for GNM students) – Kumari Neelam

BASIC IN PATIENT CARE AND FIRST AID

Theory: 50 Hours
Basic in Patient Care: 35 Hours
First Aid : 15 Hours

BASIC IN PATIENT CARE

COURSE DESCRIPTION

This course is designed to train the students and assist staff nurse in broad range of areas such as maintenance of personal & environmental hygiene, activities of daily living & feeding, patient safety, infection control, etc.

GENERAL OBJECTIVES

On completion of the course, the student shall be able to

1. Assist patient in bathing, dressing up and grooming
2. Support individuals to eat and drink
3. Assist the patient in maintaining normal elimination
4. Transferring of patients within the hospital
5. Provide support in routine activities of inpatient department
6. Carry out last office (death care)
7. Maintain a safe, healthy and secure working environment
8. Follow infection control policies & procedures including biomedical waste disposal protocols

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	3 hrs	Describe the Principles of technique of meeting the patients comfort	Comfort a. Maintain Patient's privacy b. Assist Patient bathing & Grooming	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ
II	3 hrs	Explain the purposes and process of feeding	Assist in Feeding a. Oral b. Nasogastric	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ
III	3 hrs	Assist Patient in maintaining normal elimination	Elimination a. Assist Patient with * Urinal * Bed Pan b. Collection of stool and urine sample	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ
IV	6 hrs	Explain the different types of transfer	Assist Patient in a. Position change in bed b. Moving, lifting & transferring patient with patient's documents (wheel chair, stretcher & cot) c. Walking and restraints	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ
V	4 hrs	Provide support in routine activities in patient department	Routine Activities a. Respond to call promptly b. Observe and report changes in patient's overall condition c. Support the healthcare team in measurement of patient's parameters d. Decontaminate commonly used basic patient care equipment e. Manage changing and transporting laundry / linen on the floor	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ
VI	2 hrs	Provide basic death care and transfer of dead body to mortuary	Death Care Care of death body, equipments & care of unit	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
VII	6 hrs	Maintains a safe, healthy and secure working environment	Safe Environment a. Comply the health, safety and security requirements and procedures for workplace b. Handle any hazardous situation with safely, competently and within the limits of authority c. Report any hazardous situation and breach in procedures to ensure a safe, healthy, secure working environment	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ
VIII	8 hrs	Follows infection control policies & procedures including biomedical waste disposal protocols	Infection Control a. Classification of the waste generated, segregation of biomedical waste, proper collection and storage of waste b. Comply with effective infection control protocols that ensures the safety of the patient (or end-user of health related products / services) c. Maintain personal protection and preventing the transmission of infection from person to person	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ

SUGGESTED REFERENCES:

- (a) Clinical Nursing Procedures: Art of Nursing Practice – Jacob Annamma .. et al ed
- (b) Stephanie’s Principles and Practice of Nursing: Senior Nursing Procedures – Vol 2 – Nancy Sr.
- (c) Stephanie’s Principles and Practice of Nursing: Senior Nursing Procedures – Nancy Sr.
- (d) National Skill Development Council, New Delhi
- (e) Occupational Standards for Health Care
- (f) GNM Syllabus, Indian Nursing Council, New Delhi
- (g) ANM Syllabus, Indian Nursing Council, New Delhi

FIRST AID

First Aid : 15 Hours

COURSE DESCRIPTION

This course is designed to help students develop and understanding of community emergencies and be able to render first aid services as and when need arises.

GENERAL OBJECTIVES

On completion of the course, the student shall be able to

1. Describe the rules of First Aid
2. Demonstrate skills in rendering First Aid in case of emergencies

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	4 hrs	Demonstrate skill in first aid techniques	Procedures and techniques in First Aid a. Preparation of First Aid kit b. Dressing, bandaging and splinting (spiral, reverse spiral, figure of 8 spica, shoulder, hip, ankle, thumb, finger, stump, single and double eye, single and double ear, breast, jaw, capelin), triangle bandage uses, abdominal binder and bandage, breast binder, T and many tail bandage knots reef, clove. c. Transportation of the injured d. CPR: Mouth to mouth, Sylvester, Schafer, External cardiac massage	<ul style="list-style-type: none"> Lecture cum discussion Demo Videos Simulation Exercise 	<ul style="list-style-type: none"> Short Answers MCQ Demo
II	6 hrs	Describe first aid in common emergencies	First Aid in emergencies a. Asphyxia, drowning, shock b. Wounds and Bleeding c. Injuries to the Bones, Joints and Muscle – fractures, sprains, strains, hanging, falls d. Burns and scalds e. Poisoning – ingestion, bites and stings f. Foreign body in eye, ear, nose and throat	<ul style="list-style-type: none"> Lecture cum discussion Demo Videos 	<ul style="list-style-type: none"> Short Answers MCQ Demo
III	5 hrs	List various community emergencies and community resources	Community Emergencies and Community Resources a. Fire explosion, floods, earthquakes, famines, etc b. Role of nurses in disaster management c. Rehabilitation d. Community Resources e. Police, ambulance services f. Voluntary agencies – local, state national and international	<ul style="list-style-type: none"> Lecture cum Discussion Videos Mock Drill Simulation Exercises Field Visit to Voluntary Agencies 	<ul style="list-style-type: none"> Short Answers MCQ Long Essay

SUGGESTED REFERENCES:

- (a) First Aid and Personal Hygiene – Randhawa S. S. et al

ENVIRONMENT HYGIENE, HEALTH EDUCATION AND COMMUNICATION SKILLS, NUTRITION

Theory	:	40 Hours
Environment Hygiene	:	20 Hours
Health Education and Communication Skills	:	10 Hours
Nutrition	:	10 Hours

ENVIRONMENT HYGIENE

COURSE DESCRIPTION

This course is designed to help students acquire the concept of health, understanding of the principles of environmental health and its relation to patient care in health and disease.

GENERAL OBJECTIVES

On completion of the course, the student shall be able to

1. Describe the concept and principles of environmental health
2. Demonstrate skills to apply the principles of environmental hygiene in caring for self and others
3. Describe the environmental health hazards, related health problems and the services available to meet them.

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	5 hrs	Explain the importance of healthy environment and its relation to health and disease	Introduction a. Components of environment b. Importance of healthy environment	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers
II	15 hrs	Describe the environmental factors contributing to health and illness	Environmental Factors contributing to health a. Water: <ul style="list-style-type: none"> Sources and characteristics of safe and wholesome water Uses of water Rain water harvesting Water pollution – natural and acquired impurities Water borne diseases Water purification – small and large scale b. Air: <ul style="list-style-type: none"> Composition of Air Airborne diseases Air pollution and its effect on health Control of Air pollution and use of safety measures c. Waste <ul style="list-style-type: none"> Refuse – garbage, excreta and sewage Health hazards Waste management – collection, transportation and disposal d. Ventilation: <ul style="list-style-type: none"> Types and standards of ventilation energy e. Noise <ul style="list-style-type: none"> Sources of Noise Community Noise levels Effects of Noise pollution Noise Control measures 	<ul style="list-style-type: none"> Lecture cum discussion Demo Exhibit Visit to Water Purification Plant, Sewage Treatment Plant 	<ul style="list-style-type: none"> Short Answers MCQ

HEALTH EDUCATION AND COMMUNICATION SKILLS

Theory : 10 Hours

COURSE DESCRIPTION

This course is designed to help students to

- Acquire the concept of health education and develop an ability to select and / or prepare appropriate audio-visual aids and use them effectively to communicate with the individuals and community.
- To understand the principles of communication and counselling and its application in basic patient care.

GENERAL OBJECTIVES

On completion of the course, the student shall be able to

1. Describe the concept of health education, communication skills including soft skills, audio-visual aids and health education agencies.
2. Identify and utilize opportunities for health education.
3. Describe the application of information technology in preparation and use of various health teaching aids
4. Develop effective communication and counselling skills.

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	6 hrs	Describe the aims and objectives, scope, levels, approaches and principles of health education	Health Education a. Concept, definition, aims and objectives of health education b. Principles of health education c. Process of change / modification of health behaviour d. Levels and approaches of health education e. Methods of health education f. Scope and opportunities for health education in hospital and community g. Nurse's role in health	<ul style="list-style-type: none"> Lecture cum discussion 	<ul style="list-style-type: none"> Short Answers MCQ
II	4 hrs	Describe the concept and different aspects of communication	Communication Skills a. Definition, process, purposes, principles, types and importance of communication b. Barriers in communication c. Establishment of successful communication d. Observing and listening skills	<ul style="list-style-type: none"> Lecture cum discussion Demo Role Play 	<ul style="list-style-type: none"> Short Answers MCQ Demo

SUGGESTED REFERENCES:

- (a) Essentials of Community Health Nursing – Park K.
- (b) Community Health Nursing – Swarnkar Keshav

NUTRITION

Theory : 10 Hours

COURSE DESCRIPTION

This course is designed to help students understand that Nutrition is an integral component of health as nutrients play a vital role in the growth, development and maintenance of the body.

GENERAL OBJECTIVES

On completion of the course, the student shall be able to

1. Describe the principles of nutrition and dietetics and its relationship to the Human body in health and disease.
2. Describe the balanced diet in promotion of health.
3. Apply this knowledge in providing therapeutic diet in care of the sick
4. Demonstrate skills in selection, preparation and preservation of food.

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	2 hrs	Describe the relationship between nutrition and health	Introduction a. Meaning of food, nutrition, nutrients, etc. b. Food habits and customs c. Factors affecting nutrition d. Changing concepts in food and nutrition. e. Relation of Nutrition to Health	<ul style="list-style-type: none"> Lecture cum discussion Explain using Charts 	<ul style="list-style-type: none"> Short Answers MCQ
II	4 hrs	Describe the classification of food	Classification of food <ul style="list-style-type: none"> Body building food - CHO Energy giving food – Proteins / Fats Protective food - Vitamin & Minerals / Water 	<ul style="list-style-type: none"> Lecture cum discussion Real food items Exhibits Charts 	<ul style="list-style-type: none"> Short Answers MCQ Long Essay
III	2 hrs	Describe the principles and various methods of preparation, serving of food	Food Preparation & Serving Principles of cooking, methods of cooking and the effect of cooking on food and various nutrients. Safe food handling, health of food handlers	<ul style="list-style-type: none"> Lecture cum discussion Field Visit to food processing unit Demo Exhibits 	<ul style="list-style-type: none"> Short Answers MCQ Evaluation of Exhibit Preparation
IV	2 hrs	Describe about therapeutic diet	Therapeutic Diet a. Special diet <ul style="list-style-type: none"> Liquid softs, semi-solids, solids Renal, Diabetic diet, Hypertention (low salt) diet, fat free, bland, high protein, low protein, low calorie, geriatric, iron rich, fiber diet b. Factors affecting diet acceptance c. Feeding the helpless patient	<ul style="list-style-type: none"> Lecture cum Discussion Practical of Planning Therapeutic Diet Demo Charts Exhibits Visits to local food preparation / processing agency 	<ul style="list-style-type: none"> Short Answers MCQ Long Essay

SUGGESTED REFERENCES:

- (a) Textbook of Nutrition – Sohi Darshan
- (b) Handbook of Food and Nutrition – Swaminathan M

ENGLISH

Theory : 20 Hours

COURSE DESCRIPTION

This course is designed to help students develop an ability to comprehend spoken and written English, so as to communicate effectively.

GENERAL OBJECTIVES

On completion of the course, the student shall be able to

1. Read and write correct English.
2. Communicate effectively in English

Unit No.	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	6 hrs	Speak and write correct grammatical English	Grammar: a. Review of Basic Grammar b. Building Vocabulary	<ul style="list-style-type: none"> • Discussion • Written and Oral Exercises 	<ul style="list-style-type: none"> • MCQ • Paraphrasing
II	10 hrs	Develop ability to read, understand and write in English	Composition: a. Sentence construction and usage b. Reading comprehension c. Written composition: Paragraphs & Essays, Precise Writing, Story Writing & Comprehension, Letter Writing, Nurses Notes and Reports, Anecdotal Records, Diary Writing	<ul style="list-style-type: none"> • Discussion • Written and Oral Exercises 	<ul style="list-style-type: none"> • Dictation Exercises • MCQ • Translation • Report Evaluation • Essay type
III	4 hrs	Demonstrate Conversation Skills	Spoken English: a. Conversation – face to face and telephonic b. Oral report c. Discussion, debate d. Public Speaking skills	<ul style="list-style-type: none"> • Discussion • Written and Oral Exercises 	<ul style="list-style-type: none"> • Extempore Debates • Discussion

SUGGESTED REFERENCES:

- (a) Remedial Grammar and Composition – Lohumi Shama



SDM College of Medical Sciences & Hospital



SDM College of Dental Sciences & Hospital



SDM College of Physiotherapy &
SDM Institute of Nursing Sciences



Shri Dharmasthala Manjunatheshwara University



SDM Research Institute for Biomedical Sciences



Panoramic View of Campus