
ST. TERESA'S COLLEGE, ERNAKULAM
(AUTONOMOUS)

Affiliated to Mahatma Gandhi University, Kottayam



CURRICULUM FOR
COMMUNITY COLLEGE PROGRAMME
IN
DIPLOMA IN HEALTHCARE ASSISTANCE

Under Credit & Semester System
& Outcome Based Education
(2018 Admissions)

COMMUNITY COLLEGE PROGRAMME
DIPLOMA IN HEALTH CARE ASSISTANCE
PROGRAM SPECIFIC OUTCOMES

- PSO1:** Apply alternative systems of Medicine and Nursing, in providing nursing care to individuals, families and communities.
- PSO2:** Explain nutritional concepts and lifestyle changes which affect health of individuals and groups.
- PSO3:** Develop competency in providing healthcare to individuals sick or well using nursing process.
- PSO4:** Practice the basic skills in administration and management while working with other members of the health team.
- PSO5:** Develop Communication skills to promote effective interpersonal relationships and teamwork.

SEMESTER I

Course Code	Course Title	Credits	Course Type
VHA1G01D18	English for Communication –i	5	General Course
VHA1G02D18	Social psychology	5	General Course
VHA1S01D18	Anatomy & physiology	4	Skill Course
VHA1S02D18	Nutrition	4	Skill Course
VHA1S03D18	Community health-I	5	Skill Course
VHA1SP01D1 8	Basic nursing practice - I (practical)	5	Skill Course

SEMESTER I

GENERAL COURSE

VHA1G01D18 – ENGLISH FOR COMMUNICATION –I

Credits: 5

Total Lecture Hours: 85

Course Outcomes:

CO1: Create positive group communication exchanges and improve vocabulary and grammar.

CO2: Identify main ideas and supporting details in academic listening and presentation.

CO3: Develop speaking ability in English both in terms of fluency and comprehensibility

CO4: Manage reading speed and comprehension of academic articles

CO5: Illustrate skills in written and interpersonal communication.

CO6: Assess the different forms of communication to be applied according to required situations.

Mapping of Course Outcomes with Program Specific Outcomes

Mapping	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	1	2	2	2
CO2	1	1	2	2	2
CO3	1	1	2	3	3
CO4	1	1	1	2	2
CO5	1	1	2	3	3
CO6	1	1	2	2	2

Syllabus Content:

Module 1 (15 hrs)

Learning English : The importance of English, uses of English; vocabulary-using a dictionary; Synonyms; Antonyms

Module II (25 hrs)

Essentials of English Grammar Sentence: Types of Sentences- Phrases; Articles- Paragraph Writing – Topic Sentences, Supporting Sentences, Concluding Sentences - Parts of Speech- Noun, Verb, Adjectives, Tenses, Modal Auxiliaries, Prepositions, Conjunction – Punctuation - Passive and Active Voice - Reported Speech – Prefixes – Suffixes

Module III (15 hrs)

Listening and Reading : Barriers to Listening – Academic Listening - Reading Stories – Reading Newspaper

Module IV (30 hrs)

Practicals: How to use a Dictionary - Listening Comprehension- Engaging in Conversations – Descriptive Writing

SEMESTER I

GENERAL COURSE

VHA1G02D18– SOCIAL PSYCHOLOGY

Credits: 5

Total Lecture Hours: 75

Course Outcomes:

- CO1:** Explain the various concept of sociology
- CO2:** Discuss about various social problems.
- CO3:** Discuss the fundamental laws of Psychology.
- CO4:** Justify the relation between family and culture
- CO5:** Plan a counseling session for a hospitalized patient.

Mapping of Course Outcomes with Program Specific Outcomes

Mapping	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	1	1	2	1	2
CO2	2	2	2	1	1
CO3	2	1	2	1	2
CO4	3	2	1	1	1
CO5	3	2	1	1	2

Syllabus Content:

Module 1

(15 hrs)

Basics of sociology : Definition of sociology, social organization - Social interaction-types, perspectives - Social stratification-characteristics, functions - Socialisation-stages, role of socialization in the personality development of an individual - Social problems-illiteracy, poverty, population explosion, drug addiction, alcohol abuse, juvenile delinquency, sexual abuse, rape.

Module II

(20 hrs)

Fundamentals of psychology : Definition of psychology, basic psychological process sensation,attention,personality,perception,learning,thinking,behavior,attitude,frustration, conflicts - Defense mechanism, id, ego, super ego - Maslow's hierarchy of needs- Mental health problems : anxiety,depression,stress,psychosis and psychotic illness- Coping with stress,characteristics of happy people, factors promote wellness - Geriatric psychology.

Module III

(10 hrs)

Culture & Family - Definition, nature, characteristics of culture. Meaning, definition of family, functions of family nuclear joint family, factors of change in the family.

Module IV

(10 hrs)

counseling : Definition, concepts, steps in counselling, importance, qualities of a counselor, role of a Counselor

Related experience:

(20 hrs)

- Visit to old age home
- Group discussion and role play
- Practice counselling technique

SEMESTER I

SKILL COURSE

VHA1S01D18 – ANATOMY & PHYSIOLOGY

Credits: 4

Total Lecture Hours: 60

Course Outcomes:

CO1: Explain the structure of the human body, the whole.

CO2: Recognize the various systems present in the human body.

CO3: Identify various types of skeletal and muscular system present in human body.

CO4: Classify the nervous system of the human body.

CO5: Explain the various systems involving in the metabolic functions of human body.

CO6: Differentiate between the reproductive systems of human male from females.

Mapping of Course Outcomes with Program Specific Outcomes

Mapping	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	1	2	1	1
CO2	2	1	2	1	1
CO3	2	1	2	1	1
CO4	2	1	2	1	1
CO5	3	2	3	1	1
CO6	3	1	2	1	1

Syllabus Content:

Module-1 : Human body the whole (10Hrs)

- Introduction to body, cell, structure of cell, function of cell, types of cell division (only the names), body cavities, organs in each body cavity,
- Introduction to various system in the body
- Tissues –types

Module II Erect and moving body (10Hrs)

- Skeletal system,-types of Skelton-axial and appendicular, names of skelton in the body
- Joints-types, functions,
- Muscular systems-types of muscles, functions, important muscles in the body abdominal, rectal,gluteal and deltoid

Module III Integration and control of body (10hrs)

- Nervous system, structure of a neuron, classification of nervous system,
- Brain- structure, function, transmission of impulses,
- Sense organs- structure and function of ear ,eye, nose, tongue, skin

Module IV Maintaining metabolism (15Hrs)

- Circulatory system- heart-structure, cardiac output, cardiac cycle, systemic circulation,pulmonary circulation, blood gases
- Blood and blood components, blood groups, coagulation mechanism,Rh incompatibility
- Respiratory system- anatomy , mechanism of respiration
- Digestive system- oral cavity; teeth, salivary glands, stomach, absorption of food,functions of liver, intestine, anal canal.
- Structure and function of Urinary system, fluid and electrolyte balance.

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- Endocrine glands functions, hormones produced by the glands

Module V Human reproduction

(5hrs)

- Anatomy and physiology of female reproductive system- structure of uterus
- Anatomy of male reproductive System

Related Experiences:

(10hrs)

- Learn about the anatomy of Skeletal system
- Learn about the structure of the heart and circulation of blood.
- Observe microscopic view of blood composition at laboratory.
- Make students learn the structure of the respiratory system, mechanism of respiration with the help of video presentation.
- Learn about the digestive system, absorption of food from intestine with the help of video presentation.

SEMESTER I

SKILL COURSE

VHA1S02D18– NUTRITION

Credits: 4

Total Lecture Hours: 60

Course Outcomes:

- CO1:** Describe the importance of nutrition.
- CO2:** Classify the different types of nutrients and understands its deficiency disorders.
- CO3:** Apply the concept of therapeutic diet in preparing a diet for a patient with non communicable disease.
- CO4:** prepare a menu plan for a pregnant /lactating mother.

Mapping of Course Outcomes with Program Specific Outcomes

Mapping	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	2	2	1	1
CO2	3	3	2	1	1
CO3	3	3	2	1	1
CO4	3	3	2	1	1

Syllabus Content:

Module 1 Food and Health (10hrs)

- Functions of food, Basic food groups III,
- Balanced diet- definition, concept, importance
- Health, importance of food for health

Module II Study of nutrients (10hrs)

- Carbohydrates, Protein, Fat-Sources and Function
- Water: function
- Vitamins- sources and deficiency disorders
- Minerals-Ca, Ph, Iron, Iodine, Sodium, Folic acid

Module III Menu Planning and Types of diet (10hrs)

- Principles of menu planning;
- Types of hospital diets-bland diet, soft, liquid, tube feeding

Module IV Nutrition in special conditions (15hrs)

- Pregnancy
- Lactation
- Old age
- Diet in non-communicable diseases-diabetes, atherosclerosis, cancer
- Diet in liver and kidney diseases

Related Experiences: (10hrs)

- Learn about the food pyramid model in the food science laboratory.
- Visit the dietary services of a hospital
- Prepare different types of diets in special conditions and therapeutic conditions

SEMESTER I

SKILL COURSE

VHA1S03D18– COMMUNITY HEALTH-I

Credits: 5

Total Lecture Hours: 70

Course Outcomes:

CO1: Explain the health care delivery system present in India.

CO2: Identify the health problems present in India.

CO3: Practice hygienic measures at home, community and at hospitals.

CO4: Explain about environmental sanitation measures.

CO5: Describe methods of disease prevention and control.

CO6: Design a good quality health education for the public.

Mapping of Course Outcomes with Program Specific Outcomes

Mapping	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	1	2	1	1
CO2	2	3	2	1	1
CO3	3	1	3	1	1
CO4	1	2	2	1	1
CO5	2	3	2	1	1
C06	3	3	3	1	3

Syllabus Content:

Module 1 : Introduction to community health (10hrs)

- History, healthcare delivery system-PHC, functions of PHC, role of Health worker at PHC
- WHO-functions, definition of health as per WHO
- Functions of UNICEF,FAO,Red Cross
- Health problems in India, Health planning Programme

Module 2 : Environmental sanitation (15hrs)

- Air- Air Pollution, causes, prevention and control of air pollution
- Noise- pollution
- Water- sources of water, water pollution ,purification of water
- Ventilation, types, lighting
- Disposal of waste, solid waste management, liquid waste management, hazards of improper waste management
- Excreta disposal- types of latrine, hospital waste management, segregation, transport and Disposal

Module III : Disease prevention and control (15hrs)

- Microorganisms,bacteria,fungus,virus,
- Types of bacteria, classification of micro-organisms
- Mode of transmission of micro-organisms-vector,vehicleborne,carriers,airborne, waterborne
- Hand washing
- Disinfection-methods, physical and chemical method
- Sterilization-methods,autoclaving,incineration

Module IV : home visit (10hrs)

- Home visit, case record and family health
- Importance of health education in community health
- Group education

Related experience:

(25hrs)

- Health education for community
- Survey on immunization of school children
- Visit to PHC,
- Water purification center
- Home visit
- Record of family health

SEMESTER I

SKILL COURSE

VHA1SP01D18– BASIC NURSING PRACTICE -I(PRACTICAL)

Credits: 5

Total Lecture Hours: 75

Course Outcomes:

CO1: Explain the importance of health.

CO2: Assess the vital signs of a patient

CO3: Identify the basic needs of a patient and provide comfort to them.

CO4: Practice various hygienic procedures.

CO5: Describe the first aid management of medical emergencies.

Mapping of Course Outcomes with Program Specific Outcomes

Mapping	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	3	2	3	1	1
CO2	3	1	3	1	1
CO3	2	2	2	1	1
CO4	3	1	3	1	1
CO5	2	1	2	1	1

Syllabus Content:

Module 1 : Introduction to health care (5hrs)

- History and evolution of healthcare, ethics of care, importance of health,
- Role and qualities of a health worker,

Module II: Record of vital signs and physical assessment (10hrs)

- Physical assessment of patient, physical examinations, history taking,
- Record of vital signs-TPR,BP
- Pulse-types, respiration –types, temperature- types,
- management of patient with hyperpyrexia,
- management of patient with dyspnea

Module III : Basic nursing practice –needs and comfort (15hrs)

- Preparation of patient unit- bed making, principles of bed making, types of bed- operation bed, cardiac bed, divided bed, open bed, closed bed
- Personnel hygiene- care of mouth, complication of unhygienic mouth, sponge bath, care of back, bed sore, prevention of bed sore
- Ryle's tube feeding,
- Positions of the patient
- Care of unconscious patient

Module IV: first aid and bandaging (10hrs)

- Definition of first aid-rules, qualities of a first aider,
- First aid management- bleeding,poisoning,drowning,choking with foreign body, scalds,
- burns

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- Fracture-types, first aid of fracture, carrying a fracture patient
 - Shock-types,causes,first aid
 - Bandaging- types, rule of bandaging

Related Experiences

(35 hrs)

Related practical experiences to be recorded in a record are as follows:

- Physical assessment of patient, Record of temperature, pulse, BP.
- Technique of Bed making
- Sponge bathing techniques
- Positioning of patients
- Care of back
- Inhalation techniques-steam inhalation
- Mouth care
- Dressing of wounds
- Collection of specimen
- Hand Washing technique
- Carrying out aseptic technique
- Demonstration of emergency management
- Bandaging techniques