



**Centurion**  
**UNIVERSITY**  
*Shaping Lives...*  
*Empowering Communities...*

# **DIPLOMA IN COMMUNITY HEALTH PRACTICE (DCHP)**

**In collaboration with  
SWASTHYA SWARAJ SOCIETY**

**Preface:**

At independence the Nation was confirmed to provide health to its entire people rather than its being restricted as in the past to a select few. Inequality in health status of people within the country, states and district still exists and proclaimed primary health care is a way to achieve "Health for All".

Primary health care is "essential health care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost that the community and the country can afford to maintain at every stage of their development in the spirit of self-determination" (Alma-Ata declaration).

Community health practice is applied to promote and protect the health of the population. It combines the basic elements of nursing with community health knowledge. Community health is a major field of study within the medical and clinical science which focuses on the maintenance, protection and improvement of the health status of the population groups and communities. Community health is affected by physical factors, social and cultural factors, community organizations and individual behaviour. Community health involves the measurement of disease frequency and burden, comprehensive health activities which includes preventive, promotive, curative and rehabilitative care, health education, and community organizing to bring people together to share and solve the problems.

Community health practitioners are an integral part of community health. These professionals get involved in the practical work in promotion of the health of the community.

With adequate knowledge and experience, community health practitioners having diploma in community health practice will be able to assess and monitors overall health of the community, diagnose and manage minor illness and decide referral, participate in prevention and control of communicable and non-communicable diseases, run a village based laboratory, basic obstetric care including antenatal examination, capacity building of community health workers, perform social audit, organize meeting with community based organizations. They can work in supervisory positions in different health programs/ projects.

**Programme:** Diploma in community health Practice

**Duration:** Two years (4semesters) full-time programme with 3 months internship

**Eligibility:** +2 with any stream

**Examination:** Examination rules will be as per guideline of CUTM Examination hand book.

**Internship:** A candidate will have to undergo internship for a period of three calendar months in a village to practice the knowledge and skills which they acquired in the 4 semesters.

**Project work:**

Project work will be compulsory to all students. Students will carry out project work individually or in the group of not more than three students. The format for project report will be similar to the research thesis style; incorporating chapters on: Introduction, Materials and Methods, Results and Discussion and References / Bibliography. The project work will be submitted in a typewritten and bound form in second and fourth semester.

**Degree:** On successful completion of two-year programme and compulsory internship of 3 months, the candidate will be awarded with "Diploma in community health practice (DCHP)" from Centurion University of technology and management.

**Outcome of the course:**

After the completion of the programme, candidate will be able to

- Asses and monitor the overall health status of the community
- Diagnose and manage common illness in the community, especially all notifiable diseases
- Provide emergency care for common medical problems and appropriate referral
- Integrated community management case management of Malaria, Pneumonia & diarrhoea in under 5 children
- Participate and assist in prevention and control of communicable diseases and proper execution of National health programmes
- Investigate disease outbreak and its basic management and follow up of public health problems in village level
- Run a village based rural laboratory
- Do basic laboratory investigations
- Promote village and environmental Sanitation
- Run chronic illnesses or disease specific programmes (non-communicable diseases) with guidance of physicians
- Augmented antenatal care of pregnant women
- Conduct normal delivery in centre and home and able to refer appropriately in case of emergencies
- Provide home base new born care (HBNC)
- Detection and run community based therapeutic management of severe malnutrition of under-five children in the village
- Management of injuries

- Build the capacity of the village health workers and Anganwadi workers
- Organise and conduct adolescent health programme in the village and health education to them
- Conduct school health programme in village schools
- Organise community geriatric clubs and management of disease of old age at a community level
- To do social audit and monitoring in various social welfare programs
- Be an effective social & behaviour change agent (As a counsellor, social mobiliser and community organiser)

## COURSE STRUCTURE

**Total Credit: 102**

**1st Semester:**

S.no	Subject code	Subject	Hours		Credits		Total credits	Semester Credits
			T	P	T	P		
1	DICH1101	Introduction to community health	30	30	2	1	3	22
2	DICH1107	National Health Programme	15	30	1	1	2	
3	DICH1103	Introduction Sociology & Social anthropology	30	60	2	2	4	
4	DICH1104	Health communication	15	60	1	2	3	
5	DICH1105	Health care of the community	30	60	2	2	4	
6	FCBS0101	Environmental science	15	30	1	1	2	
7	DICH1106	Computer Skills and English language skills	30	60	2	2	4	

**2<sup>nd</sup> Semester:**

S.no	Subject code	Subject	Hours		Credits		Total credits	Semester Credits
			T	P	T	P		
1	DICH1201	Understanding the human body (anatomy, physiology)	45	30	3	1	4	23
2	DICH1202	Basics of Microbiology and Pathology	30	30	2	1	3	
3	DICH1203	Nursing procedures & sterile techniques	15	60	1	2	3	
4	DICH1204	Pharmacology	15	30	1	1	2	
5	DICH1205	Communicable Diseases	30	30	2	1	3	
6	DICH1206	Non - communicable diseases	30	30	2	1	3	
7	DICH1207	Medical emergencies and its management	15	60	1	2	3	
8	DICH0301	Project	15	30	1	1	2	

**3<sup>rd</sup> Semester:**

S.no	Subject code	Subject	Hours		Credit		Total credits	Semester Credits
			T	P	T	P		
1	DICH2101	Nutrition and health	30	60	2	2	4	22
2	DICH2102	Adolescent Health	30	30	2	1	3	
3	DICH2103	Basics of Gynaecology	30	60	2	2	4	
4	DICH2104	Pregnancy & Antenatal care	30	60	2	2	4	
5	DICH2105	Intra natal care	15	90	1	3	4	
6	DICH2106	Post Natal care	15	60	1	2	3	

**4<sup>th</sup> Semester:**

S.no	Subject code	Subject	Hours		Credits		Total credits	Semester Credits
			T	P	T	P		
1	DICH2201	Family Planning	15	30	1	1	2	23
2	DICH2202	New-born care	30	60	2	2	4	
3	DICH2203	Routine immunisation	15	30	1	1	2	
4	DICH2204	community based Mental health	15	30	1	1	2	
5	DICH2205	Geriatrics	15	30	1	1	2	
6	DICH2206	ENT, ophthalmology & Oral health	30	60	2	2	4	
7	DICH2207	Health issues in U5 children	30	60	2	2	4	
8	DICH0302	Project	15	60	1	2	3	

**INTERNSHIP****Subject code:** DICH0801

Compulsory internship for 3 months in village for 12 Credits

# C O U R S E C O N T E N T S

## **SEMESTER-I**

**Paper-1:** Introduction to community health

(3 credits)

**Subject code:** DICH1101

### **Course objective:**

- To increase the knowledge on health and its determinants

### **Unit- 1**

Concept of health and disease

- Definition of health
- Dimensions of health
- Concept of well being
- Spectrum of health
- Ecology of health
- Right to health
- Responsibility for health
- Health and development
- Indicators of health
- Concept of causation
- Natural history of disease
- Spectrum of disease
- Ice berg of disease

### **Unit -2**

Determinants of health

- Biological determinants
- Behaviour and sociocultural conditions
- Environment
- Socio economic conditions
- Health services
- Aging of the population
- Gender & other factors

### **Unit -3**

Comprehensive approach to health

- Preventive health services
- Promotive health services
- Curative health services
- Alternative health systems

### **Unit -4**

## Health system

- Primary health care
- Secondary health care
- Tertiary health care

### **Unit -5**

#### Universal access to health care & Challenges to health care today

- Appropriateness
- Comprehensive ness
- Adequacy
- Availability
- Accessibility
- Affordability
- Feasibility

### **Unit -6**

#### Principles of epidemiology & epidemiological methods

- Basic measurements in epidemiology
- Disease related epidemiology

### **Unit -7**

#### Investigations in epidemics

- Verification of diagnosis
- Confirmation of existence of epidemic
- Defining the population at risk
- Rapid search for all cases and their characteristics
- Evaluation of ecological factors
- Further investigation of population at risk
- Writing the report

#### **Practical:**

- Visit to block programme management unit
- Visit to community health centre
- Visit to primary health centre
- Visit to district hospital
- Visit to Anganwadi centre
- Visit to sub centre

#### **Learning outcomes:**

- Understanding the sectors affecting the health
- Understanding the comprehensive health care
- Understanding the basics of epidemiology and out break
- Sensitisation towards the health problems and challenges
- Basic knowledge of health system

#### **Text books:**

- **Text book of community health nursing- Georly George**

- PARK'S textbook of preventive and social medicine

**Reference books:**

- People health in people hands: Dr.N.H. Anita

**Course objective:**

- To build an understanding on different health programs and schemes in India

**Unit-1**

Health for all

- Primary health care
- Health promotion
- Health policy

**Unit -2**

Sustainable development goals

- No poverty
- Zero hunger
- Good health and well being
- Quality education
- Gender equality
- Clean water and sanitation'
- Affordable and clean energy
- Decent work and economy growth
- Industry innovation and infrastructure
- Reduce inequalities
- Sustainable cities and communities
- Responsible consumption and production
- Climate action
- Life below water
- Life on land
- Peace, justice and strong institution
- Partnership for the goals

**Unit -3**

- National health mission

**Unit -4**

Programmes

- Reproductive and child health programme
- Integrated disease surveillance program
- Revised national tuberculosis control programme
- National vector borne disease control programme
- Universal immunisation programme
- National leprosy eradication programme
- National program for control of blindness
- Integrated management of neonatal and child illness program

- Indian new born action plan
- Integrated action plan for prevention of diarrhoea and pneumonia

**Practical:**

- Visit to community health centre
- Interaction with senior treatment supervisor (STS)
- Interaction with Malaria technical supervisor (MTS)
- Interaction with ANM in sub centre
- Interaction with primary health centre medical officer
- Attending village health and nutrition day

**Learning outcomes:**

- Increased knowledge on health programs and schemes.
- Improved understanding about NHM as an umbrella of different health programs
- Improved understanding on reporting and notification of all diseases

**Text books**

- **Text book of community health nursing- Georly George**
- PARK'S textbook of preventive and social medicine

**Reference:**

- <http://nhm.gov.in>
- Community health programmes: Ted Lankster

**Course objective:**

- To improve the knowledge on health and its determinants on tribal context

**Unit -1**

Introduction of sociology

- sociology
- concepts of sociology to health
- Dynamics of social change
- Social problems
- Social surveys
- Case studies
- Participatory rapid appraisal (PRA) with regard to diseases
- Participatory Learning & action (PLA)
- Different interview techniques
- Social auditing
- Community monitoring
- Village meetings
- GKS/SMC meetings
- Resource mapping

**Unit-2**

Social Anthropology

- Different tribal groups
- Health status of tribal's
- Tribal's perception of disease
- Tribal festivals and influence
- Tribal's healing tradition
- Cultural factors in health and disease

**Practical:**

- Visit to tribal museum
- Conducting PLA session
- Conducting PRA session
- Conducting village meetings
- Conducting focus group discussion
- Interviewing with different social groups

**Learning outcomes:**

- Sensitized to the need of tribal community
- Understanding the community needs and understanding the concept of people's health in people's hand

- Able to conduct community meetings and surveys on different issues
- Improved understanding on community-based organizations

**Text books:**

- PARK'S textbook of preventive and social medicine

**Reference books:**

- An introduction to social anthropology D.N. Majumdar

**Paper-4:** Health communication

**(3 credits)**

**Subject code:** DICH1104

**Course objective:**

- To understand the importance of clear communication
- To use different kinds of communication tools for improvement of health in the community
- To understand the importance of health education on raising awareness

**Unit -1**

Communication

- Communication
- Type of communication
- Barriers in communication

**Unit -2**

Health communication

- Functions
- Approach

**Unit -3**

Health education

- Approach to health education
- Models of health education
- Contents of health education
- Principles of health education
- Practice of health education

**Practical:**

- Producing low-cost audio-visual aids
- Street theatre
- Production of short videos in the community
- Creating role play with the involvement of community

**Learning outcomes:**

- Able to develop and use communication tool
- Able to break the barriers in the effective health communication
- Improved knowledge on behaviour change communication as sustained health approach

**Text books:**

- PARK'S textbook of preventive and social medicine
- Helping health workers learn-David werner & bill bower
- **Text book of community health nursing- Georly George**

**Reference books:**

- Health behaviour & Health education - Glanz Book
- How to make and use visual aids – Nicola Harford

**Paper-5:** Health care of the community

**(4 credits)**

**Subject code:** DICH1105

**Course objective:**

- Understanding the concept of primary health care and its practice

**Unit -1**

Principles of primary health care

- Alma Atta deceleration
- Challenges in health care today
- Concepts of community nursing

**Unit-2**

Health care delivery

- Model of health care delivery
- Heath status and health problem
- Health care service

**Unit-3**

Health promotion

- Health education
- Environmental modifications
- Nutritional interventions
- Life style and behaviour changes

**Unit -4**

Disease prevention

Concept of control

- Disease control
- Disease elimination
- Monitoring and Surveillance
- Sentinel surveillance
- Evaluation of control

**Unit -5**

Roles and responsibilities of community health practitioner.

**Practical:**

- Visiting & interaction with various health care providers in village
- Preparing a health plan for village with ASHA/ANM/AWW

**Learning Outcome:**

- Improved understanding of the concept of health promotion and level of disease prevention
- Able to do health mapping of village and make village micro plan to improve the health of the community

- Improved knowledge on community health and its dynamics

**Text books:**

- **Text book of community health nursing- Georly George**
- PARK'S textbook of preventive and social medicine

**Reference books:**

- Where there is no doctor- David Werner
- Community nursing document –WHO

**Paper-6:** Environmental science

**(2 credits)**

**Subject code:** FCBS0101

**Course objective:**

- To understand the concept of multi-disciplinary nature of Environmental Science where different aspects are dealt with a holistic approach.
- Students will develop a sense of community responsibility by becoming aware of environmental issues in the larger social context.
- One must be environmentally educated.

**Unit-1**

Environment and its multidisciplinary nature

- Need for public awareness
- Renewable and non-renewable resources—forest, water, mineral, land, food and energy resources
- Structure and function of ecosystems of forest, grass land, desert and aquatic types.

**Unit-2**

Biodiversity and its conservation

- Biodiversity at global, national and local levels
- Threats to biodiversity - Habitat loss
- Wild life poaching and man - wildlife conflicts
- Endangered and endemic species;
- Conservation measures.

**Unit-3**

Pollution:

- Causes
- Effects control measures of pollution, air, water and noise pollution

**Unit-4**

Waste management

- Solid-waste management—Causes, effects and control measures
- Bio medical waste management - Causes, effects and control measures

**Unit -5**

Disaster management

- Floods
- Earth quakes
- Land slides
- Cyclones

**Unit-6**

Social issues and the environment

- Sustainable environment
- Water conservation measures

- Rain water harvesting;
- Consumerism and waste products
- Pollution control act
- Effects of Pollution explosion on environment and public health
- Need for value education to Protect environment and resources.

### **Unit -7**

#### Hygiene

- Personal hygiene
- Environmental hygiene
- Domestic hygiene

#### **Practical:**

- Taking sessions to the villagers on environment
- Facilitating community to prepare water harvesting tanks
- Facilitating g community to prepare garbage pits
- Maintain bio waste management protocols.

#### **Learning outcomes:**

- Understand the natural environment and its relationships with human activities.
- Characterize and analyse human impacts on the environment.
- Integrate facts, concepts, and methods from multiple disciplines and apply to environmental problems.
- Design and evaluate strategies, technologies and methods for sustainable management of environmental systems and for the remediation or restoration of degraded environments.

#### **Text Book:**

- Anubhav Kaushik & C.P. Kaushik: Environmental Studies-New age International Publishers.
- **Text book of community health nursing- Georly George**

#### **Reference Books:**

- Benny Joseph: Environmental Studies-Tata Mac Graw Hill
- E. Bharucha: Text book of Environmental Studies for under graduate courses– Universities Press. (Book prepared by UGC Committee).

**Course objectives:**

- To expose the students to a variety of self- instructional, learner- friendly modes of language learning.
- To enable them to learn better pronunciation through stress on word accent, intonation, and rhythm. To maintain good linguistic - through accuracy in grammar, pronunciation and vocabulary.
- To improve the knowledge on the basic technology of computers

**Computer skills**

**Unit-1**

- Introduction to computer

Introduction, characteristics of computer, block diagram of computer, generations of computer, computer languages.

- Input devices

Input devices (keyboard, point and draw devices, data scanning devices, digitizer, electronic card reader, voice recognition devices, vision-input devices)

- Output devices

Output devices (monitors, pointers, plotters, screen image projector, voice response systems).

**Unit-2**

- Processor and memory

The Central Processing Unit (CPU), main memory.

- Storage Devices

Sequential and direct access devices, magnetic tape, magnetic disk, optical disk, mass storage devices.

- Introduction to MS-Word

Introduction, components of a word window, creating, opening and inserting files, editing a document file, page setting and formatting the text, saving the document, spell checking, printing the document file, creating and editing of table, mail merge.

**Unit-3**

- Introduction to Excel

Introduction, about worksheet, entering information, saving workbooks and formatting, printing the worksheet, creating graphs.

- Introduction to power-point

Introduction, creating and manipulating presentation, views, formatting and enhancing text, slide with graphs.

- Introduction of Operating System

Introduction, operating system concepts, types of operating system. Introduction to Windows.

#### **Unit-4**

- Introduction of windows

History, features, desktop, taskbar, icons on the desktop, operation with folder, creating shortcuts, operation with windows (opening, closing, moving, resizing, minimizing and maximizing, etc.). Computer networks: introduction, types of network (LAN, MAN, WAN, Internet, Intranet), network topologies (star, ring, bus, mesh, tree, hybrid), components of network.

- Internet and its Applications

Definition, brief history, basic services (E-Mail, File Transfer Protocol, telnet, the World Wide Web (WWW)), www browsers, use of the internet. Application of Computers in various fields: Medical, Education, Railway, Defence, Industry, Management, Sports, Commerce, Internet.

Practical:

- Assembling the computer
- Preparing word document
- Preparing excel sheets
- Preparing PowerPoint presentations
- Accessing the internet to create mail id and sending mails

#### **English language skills**

##### **Unit-1**

Reading skills

Read one of the following books:

- Animal Farm
- Alice in Wonderland
- Guide
- Malgudi Days
- Harry Potter
- Amar Chitra Katha

Comprehension Skills: Students will respond to comprehension lessons from the chosen book.

##### **Unit-2**

Writing skills

Students learn grammar and usage by writing passages and getting formal feedback on these.

##### **Unit-3**

Listening skills

Students respond to questions based on listening to videos, audio, or speaking assignments of classmates.

#### **Unit-4**

Speaking skills

Speaking assignments based on chosen book or contemporary topics.

#### **Practical:**

- Practicing how to write an essay
- Listening to English health education videos and explaining the gist of the video

#### **Learning outcomes:**

- Ability to communicate fluently in different business situation
- Effective oral and written communication
- Appropriate word usage with correct pronunciation
- Clarity of word stress and intonation
- Able to do basic work with Ms-office and assembling and disassembling of a desk top and able to search some study material in internet

#### **Text books:**

- Esteras, Santiago Remacha and Fabre, Elena Marco. (2007).
- Professional English in Use ICT Student's Book. Cambridge: Cambridge University Press.
- Grellet, F. (1981).Developing Reading Skills. Cambridge: Cambridge University Press
- McCarthy, M. & O'Dell, F. (2008).
- Academic Vocabulary in Use. Cambridge: Cambridge University Press.
- Course objective Computer Awareness
- Computer Networking (Global Edition)
- Spoken English for you- G Radhakrishna pillai

#### **Reference books:**

- Ur Penny, (1992).Five-Minute Activities: A Resource Book of Short Activities (Cambridge Handbooks for Language Teachers). Cambridge: CUP F Klippel. (1984).
- Keep Talking. Cambridge: CUP

## **SEMESTER-2**

**Paper-1:** Understanding the human body Basics of Anatomy and Physiology (4 credits)

**Subject code:** DICH1201

### **Course objective:**

- To build the concept of knowing normal before knowing abnormal
- To increase the knowledge of different body systems and it's functioning

### **Unit -1**

- Introduction to human body

**Unit -2:** Respiratory system

**Unit-3:** Gastrointestinal system

**Unit-4:** Cardiovascular system

**Unit-5:** Nervous system

**Unit-6:** Musculoskeletal system

**Unit-7:** Reproductive system

**Unit -8:** Excretory system

**Unit-9:** Endocrine system

**Unit- 10:** Skin and appendages

### **Practical:**

- Demonstration of visceral organs and bones in charts , mannequin and videos
- Microscopic examination of blood cells
- Dissection of chicken

### **Learning outcomes:**

- Able to locate different body organs
- Improved knowledge of body systems and functioning

### **Text books:**

- BD.chaurasia text book of Anatomy -3 volumes
- Sembulingam text book of physiology

### **Reference books:**

- Guyton text book of physiology
- Greys text book of anatomy

**Paper-2: Basics of Pathology and Microbiology**

**(3 credits)**

**Subject code: DICH1202**

**Course objective:**

- To increase the knowledge on different body reactions
- To increase the knowledge on microorganisms and its relation to health
- To make students learn basic microscopic examination and their correlation

**Pathology:**

**Unit- 1**

Introduction to Pathology & Microbiology

**Unit- 2**

Cell injuries

- Aetiology and Pathogenesis with a brief recall of important aspects of normal cell structure.
- Reversible cell injury: Types, Sequential changes, Cellular swellings, vacuolation, Hyaline changes, Mucoïd changes.
- Irreversible cell injury: Types of Necrosis & Gangrene, Autolysis.
- Pathologic calcification: Dystrophic and Metastatic. Intracellular accumulations.

**Unit-3**

Inflammation and Repair

- Acute inflammation: features, causes, vascular and cellular events, inflammatory cells and Mediators.
- Chronic inflammation: Causes, Types, Classification nonspecific and granulomatous with examples.
- Repair, Wound healing by primary and secondary union, factors promoting and delaying the process.
- Healing in specific site including bone healing.

**Unit-4**

Bacterial diseases:

Mycobacterial diseases

- Tuberculosis
- Leprosy
- Syphilis

Bacterial disease:

- Pyogenic
- Diphtheria
- Gram negative infection
- Bacillary

- Dysentery

### **Unit - 5**

Viral diseases

- Ricktsia
- Poliomyelitis
- Herpes
- Rabies
- Measles
- Chlamydial infection
- HIV infection.

### **Unit -6**

Other disease-causing agents

- Fungal diseases
- opportunistic infections

### **Unit - 7**

Modes of transmission of diseases

- Various routes of spread of infection.
- Hospital acquired infection.
- Bacteria's responsible for nosocomial infectious
- Seasonality of infections

### **Practical:**

- Preparation of blood smear
- Collection of specimens
- Handling microscope
- Simple staining techniques
- Identification of different blood cells

### **Learning outcomes:**

- Able to prepare slides and analyse the finding
- Improved understanding on microbes and mode of disease transmission

### **Text books:**

- PARK'S textbook of preventive and social medicine

### **Reference books:**

- Ghosh text book of parasitology
- Mukharjje Ghosh text book of medical laboratory technology
- Text book of microbiology –Ananthanaryan & Paniker

**Paper-3:** Nursing procedures & sterile techniques

(3 credits)

**Subject code:** DICH1203

**Course objective:**

- To improve the knowledge of nursing procedure's and methods of hospital instruments sterilisation

**Unit: 1**

Basic nursing procedures

- Giving injections
- Dressing
- Bandaging
- Wound care (abrasion, puncture, laceration, bruise)
- Suturing & suture removal
- Ulcer care
- Incision and drainage
- First aid for fractures
- Sitz bath
- Enema
- Catheterisation
- Naso gastric tube insertion and feeding
- Nebulisation

**Unit -2**

Sterile techniques

- Pressure steaming
- Boiling
- Using chemicals
- Flaming

**Unit-3**

Disinfection

- Definitions
- Properties of an ideal disinfectant
- Types of disinfection
- Agents of disinfection
- Recommended procedure of disinfection

**Practical:**

- Every nursing technique and sterile technique should be practised under the supervision of senior nurses in clinics
- Preparing disinfecting solution of 5% bleach

**Learning outcomes:**

- Able to prepare disinfectants
- Able to do nursing procedures
- Increase in knowledge of disinfection, sterilisation and nursing procedure

**Text books:**

- A text book for midwives
- **Text book of community health nursing- Georly George**

**Reference books:**

- Park's text book of social preventive medicine

**Paper-4: Pharmacology**  
**Subject code: DICH1204**

(2 credits)

**Course objective:**

- To improve knowledge in important drugs
- To increase knowledge in usage, dosage and drug action.
- To improve knowledge about rational use of drugs.

**Unit- 1**

Basic principle of pharmacology

- Introduction
- Pharmacokinetics & Pharmacodynamics
- Rational dosing & time course of drug action
- Rational use of drugs
- Essential drugs and counterfeit medicines
- Educating the public about unnecessary injections and counterfeit medicines

**Unit-2**

Classification drugs

- Anti-hypertensive drugs
- Diuretics
- Laxative
- Vasodilators
- Non-steroidal anti-inflammatory drugs
- Muscle relaxants
- Anti-asthmatic drugs
- Sedative and hypnotic drugs
- Anti-seizure drugs
- General and local Anaesthetics
- Anti-psychotic drugs
- Anti-depressants
- Analgesics/opioids
- Thyroid and anti-thyroid drugs
- Anti-malarial drugs
- Corticosteroids
- Supplement's
- Antimicrobial
- Antifungal
- Anti-Protozoal
- Anti-viral

- Anti-mycobacterial
- Sulphonamides
- Anti-toxic agents
- Nutritional supplements
- Vaccines and immunoglobulin's

### **Unit-3**

Important drug interactions and their mechanism

### **Unit -4**

Routes of drug administration

- Intramuscular injection
- Intravenous injection
- Subcutaneous
- Oral
- Sub lingual
- Intradermal
- External applicants
- Dermal patches
- Rectal
- Vaginal
- Inhalation

#### **Practical:**

- Drug formulary for community nurses
- Prepare a ready reckoner of medicines

#### **Learning outcomes:**

- A ready reckoner of medicine
- Correct choice of Antibiotics
- Increased in knowledge regarding drugs, routes of administration, dosing and interaction's

#### **Text books:**

- Park's text book of social preventive medicine
- A lay person's guide to medicines – Locost

#### **Reference books:**

- Swasthya swaraj ready reckoner on antibiotics

**Course objective:**

- To build knowledge and skills on identification, diagnosis and treatment of all common communicable diseases

**Unit -1**

Acute diarrheal disease

- Clinical types of diarrheal diseases
- Problem statement and related indicators
- Epidemiological determinants (agent, host and environment factors, mode of transmission)
- Appropriate clinical management
- Better maternal and child care practices
- Preventive strategies
- Control/ prevention of diarrheal epidemic
- Diarrhoeal disease control program in India

**Unit -2**

Acute respiratory infection

- Problem statement
- Epidemiological determinants (agent, host and environment factors, mode of transmission)
- Clinical assessment and physical examination
- Classification of illness in children aged 2 months up to 5 years
- Classification of illness in young infants
- Treatment of illness as per the classification
- Prevention of acute respiratory infection

**Unit -3**

Urinary tract infection

- Problem statement
- Epidemiological determinants
- Clinical assessment
- Management of UTI
- Control/ prevention of disease

**Unit- 4**

Helminth infestation

- A) Ascariasis
  - Problem statement of Ascariasis
  - Epidemiological features and mode of transmission
  - Prevention and control

- B) Hookworm infection
  - Problem statement of hookworm infection
  - Epidemiological determinants
  - Effect of disease
  - Prevention and control

### **Unit -5**

#### Vector borne diseases

- A) The dengue syndrome
  - Problem statement
  - Epidemiological determinants
  - Clinical manifestation
  - Clinical and laboratory criteria for diagnosis
  - Clinical management
  - Control measures
- B) Malaria
  - Problem statement
  - Prevalent major epidemiological types of malaria in India
  - Epidemiological determinants
  - Clinical features
  - Measurement of malaria
  - Approaches and strategies of malaria control
  - Guidelines for diagnosis and treatment of malaria
  - Treatment of severe malaria
  - Active intervention measures
- C) Lymphatic filariasis
  - Problem statement
  - Epidemiological determinants
  - Clinical manifestation
  - Management
  - Control and preventive measures

### **Unit- 6**

#### Leprosy

- Problem statement
- Epidemiological determinants
- Classification
- Clinical and bacteriological diagnosis
- Medical measures
- Disability and rehabilitation
- Control measures (health education, social support, program management)

### **Unit- 7**

#### HIV/ AIDS

- Problem statement and indicators
- Epidemiological features
- Clinical manifestation
- Clinical staging and laboratory diagnosis
- Clinical staging
- Laboratory diagnosis
- Control of AIDS
- ART recommendation for infant, children and adults
- Occupational post exposure prophylaxis

### **Unit-8**

#### **Tuberculosis**

- Problem statement
- Epidemiological incidences
- Natural history of tuberculosis
- Signs and symptoms of tuberculosis
- Slide reporting
- Tuberculin test
- Anti-tuberculosis drugs
- Treatment for tuberculosis
- MDR tuberculosis
- XDR Tuberculosis

#### **practical:**

- Urine microscopy
- RDT for malaria
- Examination of leprosy patients
- Counselling and health education of patients
- Hygiene and sanitation technique

#### **Learning outcomes:**

- competent to identify the communicable diseases and able to give primary care to manage the case
- Able to identify severity of case and refer timely

#### **Text books:**

- PARK'S text book of social and preventive medicine

#### **Reference books:**

- Swasthya Swaraj society training manual of medicine
- Davidson text book of medicine
- Clinical Tuberculosis – A practical hand book
- Tuberculosis ready reckoner for health care providers

**Course objective:**

- To build knowledge and skills on identification, diagnosis and treatment of all common non-communicable diseases

**Unit- 1**

Hypertension

- Blood pressure measurements and classification
- Magnitude of problem
- Risk factors of hypertension
- Prevention of hypertension
- Treatment and referral

**Unit- 2**

Diabetes

- Problem statement
- Classification
- Epidemiological determinants
- Screening for diabetes
- Prevention and care

**Unit- 3**

Sickle cell anaemia

- Problem statement
- Aetiology
- Clinical manifestation
- Clinical and laboratory diagnosis
- Preventive and social measures
- Rehabilitation

**Unit- 4**

Bronchial Asthma & COPD

- Problem statement
- Risk factors
- Clinical manifestations
- Management and referrals
- Preventive measures

**Unit- 5**

Cardio vascular disease

- Problem statement
- Risk factors
- Prevention of CVD
- Management and referral

## **Unit- 6**

Backache, arthritis

- Problem statement
- Risk factors
- Preventive and rehabilitative measures

## **Unit- 7**

Malignancies

- Problem statement
- Causes of cancer
- Cancer control
- A) Oral cancer
  - Problem in India
  - Epidemiological features
  - Prevention
- B) Cervical cancer
  - Problem in India
  - Epidemiological features
  - Screening for cancer cervix
  - Prevention
- C) Breast cancer
  - Problem statement
  - Epidemiological features
  - Screening for breast cancer
  - Prevention

### **Practical:**

- Monitoring blood pressure in I BP apparatus
- Estimation of blood glucose Glucometer
- Identifying oxygen saturation in pulse oxymeter
- Estimation of urine sugar in urine strips
- Nebulisation
- Attending NCD clinics
- Health education and counselling

### **Learning outcomes:**

- Competent to identify the non-communicable diseases and able to give primary care to manage the case
- Able to identify severity of case and refer timely
- Able to measure BP, sugar, urine sugar and other necessary examination

### **Text books:**

- PARK'S text book of social and preventive medicine

**Reference books:**

- Swasthya Swaraj training manual of medicine
- Davidsons text book of general medicine

**Paper-7: Medical emergencies and its management**

**(3 Credits)**

**Subject code:** DICH1207

**Course objective:**

- To increase the knowledge on emergency case management at community level

**Unit- 1**

Severe dehydration:

- Sign and symptoms
- Diagnosis/ assessment
- Treatment & management
- Diarrheal disease control programme

**Unit-2**

Severe malaria:

- Sign and symptoms
- Diagnosis
- Treatment & management
- Guidelines for diagnosis and treatment of malaria

**Unit -3**

Acute respiratory distress

- Classification
- Sign and symptoms
- Diagnosis
- Treatment & management

**Unit -4**

Hypoglycaemia

- Introduction to hypoglycaemia
- Sign and symptoms
- Diagnosis
- Treatment & management

**Unit- 5**

Seizures/status epilepticus

- Sign and symptoms
- Diagnosis
- Treatment & management

**Unit- 6**

Acute abdomen pain

- Sign and symptoms
- Diagnosis
- Treatment & management

**Unit -7**

Sickling crisis

- Sign and symptoms
- Diagnosis
- Treatment & management

### **Unit-8**

Anaphylaxis

- Causes
- Types
- Signs and symptoms
- Management

### **Unit-9**

Poisoning

- Causes
- classification
- Sign and symptoms
- Management

### **Unit – 10**

Heat stress

- Effect of heat stroke
- Management & prevention

### **Unit -11**

Animal bites

- Snake bite
- Scorpion bite
- Dog bite

### **Unit -12**

Bleeding

- Due to incomplete abortion
- Dysfunctional uterine bleeding

### **Practical:**

- Preparing SOPs for every condition
- O2 administration
- Iv fluid administration
- IV medications
- Monitoring vitals of the patient
- First aid
- Appropriate Referral of the patient

### **Learning outcomes:**

- Able to identify the severity of cases and make timely referrals
- Improved sense of decision making
- Competent in conducting all emergency procedures listed in the course

**Text books:**

- Text book of medical emergencies

**Reference books:**

- PARK'S text book of social and preventive medicine
- Davidsons text book of general medicine

**Paper-8: Project****(2 credits)****Subject code:** DICH0301

In this semester the student will do a project and submit the report to the university on the following topics.

**Course objective:**

- To improve the writing skills
- To improve the presentation skills

Suggested topics for project:

- Tuberculosis
- Malaria
- Leprosy
- Tribal health
- National health programmes
- Health systems

**Learning outcome:**

- writing skills
- presentation skills of disease burden

## SEMESTER-3

### Paper-1: Nutrition and Health

(4 credits)

Subject code: DICH2101

#### Course objective:

- To build the capacity of identifying malnutrition in the community
- To improve the knowledge on growth monitoring as per the standards

#### Unit-1

Role of nutrition in health and diseases

- Under nutrition
- Macro nutrients & Micro nutrients
- Xerophthalmia
- Nutritional anaemia
- Iodine deficiency disorders
- Endemic fluorosis
- Lathyrism

#### Unit -2

Under nutrition

- Measurement of under nutrition
- Types of under nutrition
- Maternal and child undernutrition

#### Unit-3

Assessment of nutrition status

- Clinical examination
- Anthropometry
- BMI
- Biochemical evaluation
- Functional assessment
- Assessment of dietary intake
- Vital and health statistics
- Ecological studies
- Nutritive value of local foods

#### Unit-4

Growth monitoring

- Weight for age
- Height for age
- Weight for height
- Head and chest circumference
- Growth chart
- Uses of growth chart

## **Unit -5**

Management of severely malnourished children

- ICDS
- NRC
- Health communication on nutrition
- Training of mothers and families on child nutrition

Practical

- NRC posting
- Attending tribal food festivals
- Anganwadi centre posting
- Demonstration of measuring height and weight in salter scale, infant weighing scale, infantometer , stadiometer
- Measuring mid upper arm circumference
- Plotting z scores in growth chart
- Calculating z scores in growth chart
- How to prepare a kitchen garden

**Learning outcomes:**

- Able to identify the malnutrition by doing different anthropometric measurements
- Able to manage SAM cases at community level
- Improved understanding on malnutrition and its long-term impact on physical and mental health

**Text books:**

- PARK'S text book of social and preventive medicine

**Reference books:**

- GHAI text book of essential paediatrics
- Nutrition for developing countries –Savage king & Burgess

**Course objective:**

- To improve the knowledge on adolescent health its importance in prevention of maternal health issues

**Unit –1**

Understanding adolescence

- Puberty changes
- Menarche
- Mensuration
- Menstrual hygiene

**Unit-2**

Reproductive health issues

- Adolescent reproductive health and sexual health
- Information and counselling in adolescent health issues
- Sex education
- Rastriya kishori swasth karyakram

**Unit -3**

Sexually transmitted diseases

- Introduction
- Classification
- Extent of problem
- Epidemiological determinants
- Syndromeic approach
- Management & prevention

**Unit-4**

Nutrition of adolescent's – Anaemia

- Importance of iron folic supplementation
- Weekly iron folic supplementation
- ICDS

**Unit -5**

Early marriage

- Age of marriage
- The child marriage restrain act
- Dangers of early marriage

Practical:

- Creating adolescent groups
- Visiting Anganwadi centre to observe WIFS and health check-up sessions
- Discussions with adolescent girls

**Learning outcomes:**

- Improved knowledge on reproductive health and STDs
- Able to identify STDs cases and make prompt referrals

**Text books:**

- Sembulingam text book of physiology

**Reference books:**

- PARK'S text book of social and preventive medicine
- DC dutta text book of Gynaecology

**Paper-3: Basics of Gynaecology**

**(4 credits)**

**Subject code: DICH2103**

**Course objective:**

- To build the knowledge on common gynaecological problems in the community and its management and prevention

**Unit-1**

Gynaecology at a glance

- Women reproductive organs
- Anatomy and physiology of women reproductive system

**Unit-2**

Menstrual disorders

- Irregular periods
- Premenstrual syndrome
- Menorrhagia
- Amenorrhea
- Pain full periods
- Management of common menstrual problems

**Unit -3**

Pelvic inflammatory diseases

- Introduction
- Aetiology
- Signs and symptoms
- Diagnosis
- Management and prevention

**Unit -4**

Early detection of Cervical and breast cancer

- Screening for cancers in population at risk
- Self-examination of breast

**Practical:**

- Visit to hospital
- Doing pelvic examination
- Speculum examination
- Self-examination of breasts

**Learning outcomes:**

- Able to do pelvic examinations
- Able to identify the gynaecological problems its primary level management

**Text books:**

- PARK'S text book of social and preventive medicine
- Dc Dutta text book of gynaecology
- Where women have no doctor-A.Burns, R.Lovich

**Reference books:**

- BD.chaurasia text book of Anatomy -3 volumes
- Sembulingam text book of physiology

**Paper-4: Pregnancy and Antenatal care**

**(4 credits)**

**Subject code:** DICH2104

**Course objective:**

- To improve the knowledge on pregnancy and importance of antenatal examinations
- To give the knowledge on different health schemes for pregnant women

**Unit-1**

Pregnancy

- Conception
- Physiological changes in pregnancy
- Normal pregnancy

**Unit -2**

Growth of foetus in utero

- 1st trimester
- 2<sup>nd</sup> trimester
- 3<sup>rd</sup> trimester

**Unit-3**

Ante natal care

- Need of antenatal care
- Ante natal check-up's
- Components of antenatal check-up's
- Identifying high risk pregnancies
- Birth prepared ness and complication readiness
- Prenatal advice

**Unit-4**

Entitlements from government to pregnant women

- JSY
- JSSK
- MAMTA
- ICDS- THR

**Practical:**

- Visiting Ante natal clinics
- Estimation of haemoglobin
- RDT for malaria
- Urine exam
- Pregnancy confirmation test

**Learning outcomes:**

- Able to identify and mobilize pregnant women for ANC check ups
- Able to provide antenatal check-ups to pregnant women
- Able to identify high risk cases and make necessary referrals

**Text books**

- PARK'S text book of social and preventive medicine
- Dc Dutta text book of Obstetrics
- A book for Midwives – Susan Klein

**Reference books:**

- Morris's text book of Primary mother care
- Lifesaving skills – manual for midwives
- SBA guidelines for ANMs of NHM

**Course objective:**

- Understanding the labour in detail and management of its different stages

**Unit- 1**

Stages of labour and its assessment

- Assessment, supportive care and vaginal examination during labour
- Types of labour pain
- 1<sup>st</sup> stage of labour and its monitoring and management
- 2<sup>nd</sup> stage of labour and its management
- 3<sup>rd</sup> stage of labour and its management
- 4<sup>th</sup> stage of labour (maternal and new-born care)

**Unit- 2**

Assisting normal delivery

- Care during each stages of labour
- Physical and abdominal examination
- Vaginal examination
- Pantographs
- Complications and its management in each stage
- Care of mother and baby after delivery

**Unit- 3**

Management of 3<sup>rd</sup> stage of labour

- Uterotonic drugs
- Controlled cord traction and examination of placenta
- Uterine massage
- Fourth stage active mother care
- Fourth stage active baby care
- Kangaroo mother care/ skin to skin care

**Unit- 4**

Management of obstetric emergencies

- Postpartum haemorrhage and its management and referral
- Slow labour progress
- Woman distress in labour
- Fetal distress in labour
- Uterine inertia
- Occipito posterior position
- Umbilical cord prolapse
- Shoulder dystocia
- Mal presentation and breech presentation

**Practical:**

- Labour room posting
- Assisting in 10 deliveries
- Conducting 10 deliveries
- Preparing of safe delivery kit

**Learning outcomes:**

- Able to conduct delivery without assistance
- Able to manage complications during delivery
- Understand the concept of clean delivery to save the life of mother and new-borns

**Text books:**

- Lifesaving skills – manual for midwives
- Training manual for traditional birth attendants Gill Gordon
- Where women have no doctor- A.Burns & R.Lovich
- A book for midwives – Susan Klein

**Reference books:**

- Dc Dutta text book of Obstetrics
- SBA guidelines for ANMs of NHM

**Paper-6: Post-natal care**

**(3 credits)**

**Subject code:** DICH2106

**Course objective:**

- To understand the importance of postnatal care and related complications

**Unit -1**

Examining the postnatal women

- Importance of history taking
- Physical examination
- Identifying problems/ needs
- Appropriate actions

**Unit-2**

Danger signs in post natal women

- Too much bleeding
- Fever
- Abdominal pain
- Foul smelling lochia
- Convulsions
- Management of the above-mentioned danger signs and appropriate referral

**Unit-3**

Post natal care home visits

- 7 PNC visits
- History taking in each visit
- Examination of PNC mother and New born
- Observation of PNC mother and New born
- Advice to PNC mother and New born

**Unit -4**

Management of lactation problems

- Breast feeding problems
- Delay in breast feeding
- Sore or cracked nipples
- Engorged breasts
- Not enough breast milk
- Increase the breast milk supply for mother
- Increase the breast milk supply, for baby, mother

**Practical:**

Postnatal visits for 20 mothers

**Learning outcomes:**

- Able to make necessary postnatal visits and counsel the women and family on postpartum care

- Managing the problems related to lactation and counselling of mother

**Text books:**

- Training manual of traditional birth attendant Gill Gordon
- Where women have no doctor – A.Burns & R.Lovich
- A book for midwives – Susan Klein

**Reference books**

- DC Dutta text book of obstetrics
- Lifesaving skills – Manual for midwives

## SEMESTER-4

**Paper-1:** Family planning

**(2 credits)**

**Subject code:** DICH2201

### **Course objective:**

- Understand the different basket of choices for family planning methods and its uses

### **Unit-1**

Family planning

- Importance of family planning
- Importance of spacing

### **Unit-2**

Contraceptive methods

- Spacing methods
- Terminal methods

Spacing methods

- Physical methods
- Chemical methods
- Combined methods
- Intra uterine devices
- Hormonal methods
- Post- conceptional methods
- Miscellaneous

Terminal methods

- Male sterilisation
- Female sterilisation

### **Unit- 3**

Counselling mothers and fathers

- Importance of family planning and male involvement
- Health aspects of family planning
- Women's health
- Foetal health
- Infant and child health

### **Practical:**

- Insertion of IUCD
- Counselling sessions to mothers on spacing and family planning
- Posting in community health centre & District hospital

### **Learning outcomes:**

- Able to explain all methods to couples and promote spacing to prevent maternal and child health complications
- Able to insert and place IUCD

**Text books:**

- PARK'S text book of social and preventive medicine

**Reference books:**

- Where women have to no doctor – A.Burns&R.Lovich
- Dc DUtta text book of Gynaecology

**Paper-2: New born care**

**(4 credits)**

**Subject code:** DICH2202

**Course objective:**

- To build the knowledge and skill on home-based new-born care
- To build competency on new-born resuscitation

**Unit- 1**

Examination of new-born

- APGAR score
- General and systemic examination
- Examination of baby to differentiate between preterm and term babies

**Unit- 2**

Neonatal resuscitation

- Physiology of asphyxia
- Preparing for resuscitation
- Neonatal resuscitation supplies and equipment's
- Resuscitation algorithm
- Management of infant born through meconium stained liquor (MSL)
- Chest compression and evaluation

**Unit- 3**

Care of new-born

- Vitamin K injection
- Early initiation of breastfeeding
- Kangaroo mother care
- Exclusive breastfeeding
- Care of cord, skin and eyes
- Danger signs in new-born and its management and referral
- Traditional practices which should be discouraged
- Common parental concerns

**Unit- 4**

Home-based new-born care

- Neonatal and infant mortality
- Effective technical intervention to reduce neonatal mortality
- Course objective and key activities in HBNC
- HBNC kit and its uses

**Unit- 5**

Preterm babies

- Definition of preterm babies
- Problems in preterm babies and management

- Causes of preterm babies
- Growth monitoring of premature babies

### **Unit- 6**

#### Low birth weight babies

- Major problems in babies with IUGR and preterm babies
- Issues in LBW care and its management
- Feeding of LBW babies
- Growth monitoring of LBW babies

#### **Practical:**

- Neonatal resuscitation on models
- Demonstration & practice on how to use phototherapy & baby warmer
- HBNC visits for 25 new-borns

#### **Learning outcomes:**

- Able to calculate APGAR score
- Able to do resuscitation in new-born and manage asphyxia
- Able to do all procedures of immediate new-born care

#### **Text books:**

- O.P. GHAI text book of paediatrics
- PARK'S text book of social and preventive medicine

#### **Reference books:**

- A book for midwives – Susan kieln
- Operational guidelines of HBNC – NHSRC
- Primary child care – Morris
- Guidelines for management of common childhood illness – WHO

**Paper-3: Routine immunisation**

**(2 credits)**

**Subject code: DICH2203**

**Course objective:**

- To improve the knowledge on immunisation
- To improve the knowledge on vaccine preventable diseases
- To improve the knowledge on AEFI

**Unit-1**

Routine immunisation schedule

- Importance of routine immunisation
- Immunisation coverage
- Vaccines and their side effects

**Unit -2**

AEFI & Management

- Adverse events following immunisation
- Causes –specific type of AEFI
- Event should be reported after immunisation
- Investigation of AEFI

**Unit-3**

Cold chain management

- Electrical cold chain equipment's
- Solar cold chain equipment
- Vaccine vial monitor
- Open vial policy
- Shake test

**Practical:**

- Visiting immunisation days
- Assisting ANM in preparing vaccinations
- Vaccine carriers
- Vaccine storage unit

**Learning outcomes:**

- Able to diagnose and report AEFI
- Able to administer vaccines
- Able to monitor the cold chain management
- Increase in the knowledge about vaccines and importance of routine immunisation
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**Text books:**

- Park's text book of social preventive medicine

**Reference books:**

- O.P.GHAI text book of paediatrics

**Paper-4: Community based mental health**

**(2 credits)**

**Subject code: DICH2204**

**Course objective:**

- To improve the knowledge on basic mental health problem in community
- To improve the knowledge on basic approach to treatment of mental health

**Unit-1**

Understanding mental health

- Mental health
- Problem statement
- Characteristics of a mentally health person
- Warning signs of poor mental health

**Unit-2**

Common mental health problems

- Schizophrenia
- Manic depressive psychosis
- Paranoia
- Neurosis/ psychosis
- Personally and character disorders

**Unit-3**

Approach to mental health problems

- Early diagnosis and treatment
- Rehabilitation
- Group and individual psychotherapy
- Mental health education
- Use of modern psychoactive drugs
- After care services

**Unit-4**

Community level management of mental health issues

- Community mental health programme

**Practical:**

Attending psychology outpatient department

**Learning outcomes:**

- Increased knowledge towards mental health problems in community

- Increased knowledge about community mental health program
- Able to identify the mental health problem for counselling and referral

**Text books:**

- Where there is no Psychiatrist - Patel

**Reference books:**

- PARK's text book of social and preventive medicine

**Paper--5: Geriatrics**

**(2 credits)**

**Subject code: DICH2205**

**Course objective:**

- To improve the knowledge on basic geriatric health problems in community
- To improve the knowledge on counselling skills to facilitate the treatment of geriatric patients

**Unit -1**

Understanding aging and related social problems

- Health problems of the aged
- Life style and healthy aging
- Health status of aged in India

**Unit -2**

Common health problems elderly people

- Senile cataract
- Glaucoma
- Nerve deafness
- Osteoporosis
- Emphysema
- Failure of special senses
- Changes in mental outlook
- Diabetes
- Cancer
- Accidents
- Respiratory illness
- Genitourinary disorders
- Mental changes
- Sexual adjustment
- Emotional disorders

**Unit -3**

Management of diseases of elderly at community level

- Identification
- Providing services like physiotherapy
- Proper functioning of various schemes
- National programme for health care of the elderly (NPHCE)

**Practical:**

- Disability assessment camps
- Ensuring the proper functioning of welfare schemes for elderly

**Learning outcomes:**

- Able to identify geriatric health problems
- Increased knowledge about welfare schemes
- Increased counselling skills

**Text books:**

- Park's text book of social preventive medicine

**Reference books:**

- Davidson text book of general medicine

**Paper-6:** ENT, Ophthalmology & oral health

**(4 credits)**

**Subject code:** DICH2206

**Course objectives:**

- To improve knowledge in identifying the ENT, Ophthalmology & oral health
- To capacitate in managing vision centre
- To improve the knowledge in appropriate referral and management

**Unit- 1**

Running a vision centre

- To identify the patients
- To refer appropriately

**Unit - 2**

Primary eye care

- Problem of blindness
- Causes of blindness
- Epidemiological determinants
- Changing concept in eye health care
- Prevention of blindness
- Management of common eye problems and referrals

**Unit - 3**

Treatment of ENT problems

- Common ear disease and treatment
- Common nose problems and treatment
- Common throat and respiratory tract problems and its treatment

**Unit - 4**

Oral health

- Dental caries, fluorosis, gingivitis and other common dental problems and management
- Common oral health problems, diagnosis and treatment

**Practical:**

- Snellens chart to demonstrate and to identify
- Posting in ophthalmology clinic
- Posting in ENT clinic
- Posting in dental OPD
- Tape measure
- Headlight

**Learning outcomes:**

- Increase in knowledge of identifying the common problems of ENT, Ophthalmology and oral health

- Able to do minor case managements and appropriate referrals

**Text books:**

- PARKS text book of social and preventive medicine
- **Text book of community health nursing- Georly George**

**Reference books:**

- Davidson text book of general medicine

**Paper-7:** Health issues in under five children

**(4 credits)**

**Subject code:** DICH2207

**Course objective:**

- To build knowledge and skills on identification, diagnosis and treatment of all common diseases
- To build the capacity of identifying malnutrition in the community
- To improve the knowledge on growth monitoring as per the standards

**Unit -1**

Weaning (guideline for enhancing optimal infant and young child feeding practice, national guideline on infant and young child feeding)

- Importance and timing of weaning
- Benefit of optimal complementary feeding
- First food to the baby
- Energy density and frequency of complementary feeding
- Available services for complementary feeding
- Feeding during and after illness

**Unit -2**

Malnutrition

- Under nutrition
- Epidemiology
- Classification of under nutrition
- Severe acute malnutrition
- Clinical features of malnutrition
- Assessment of SAM child
- Management of SAM child (Step 1 to Step 10)
- Prevention of malnutrition

**Unit -3**

Malaria

- Epidemiology of malaria
- Clinical patterns
- Diagnosis
- Treatment of uncomplicated malaria
- Treatment of severe malaria
- Control and prevention of malaria

**Unit-5**

Acute respiratory infection

- Problem statement
- Epidemiological determinants (agent, host and environment factors, mode of transmission)
- Clinical assessment and physical examination
- Classification of illness in children aged 2 months up to 5 years
- Classification of illness in young infants
- Treatment of illness as per the classification
- Prevention of acute respiratory infection

### **Unit-6**

#### Acute diarrheal disease

- Clinical types of diarrheal diseases
- Problem statement and related indicators
- Epidemiological determinants (agent, host and environment factors, mode of transmission)
- Appropriate clinical management
- Better maternal and child care practices
- Preventive strategies
- Control/ prevention of diarrheal epidemic
- Diarrhoeal disease control program in India

### **Unit-7**

#### Integrated community case management

- Diarrhoea
- Fever
- Fast breathing
- Recommendations of the treatment to the above conditions

### **Unit-8**

#### Childhood TB

- Problem statement
- Epidemiology and pathogenesis
- Clinical features
- Diagnosis and diagnostic algorithm
- Treatment
- Monitoring of therapy
- Drug resistant tuberculosis

### **Unit-9**

#### Anaemia

- Physiological adaptations
- Aetiology

- Clinical features
- Investigations
- Iron deficiency anaemia - evaluation and treatment
- Megaloblastic anaemia- evaluation and treatment
- Haemolytic anaemia - evaluation and treatment
- Sickle cell anaemia, types of crisis, clinical features, management

**Practical:**

- Haemoglobin estimation
- RDT for malaria
- Preparation of peripheral smear for malaria
- Pulse oxymeter
- Reading TST result
- Child health records
- Growth monitoring records

**Learning outcomes:**

- Able to identify the malnutrition by doing different anthropometric measurements
- Able to manage SAM cases at community level
- Improved understanding on malnutrition and its long-term impact on physical and mental health
- competent to identify diseases and able to give primary care to manage the case
- Able to identify severity of case and refer timely

**Text books:**

- GHAI text book of paediatrics
- PARK's text book of social and preventive medicine

**Reference books:**

- Morris's text book of Primary child care
- Guidelines for management of common childhood illness - WHO

**Paper-8: Project**

**(3 credits)**

**Subject code: DICH0302**

In this semester the student will do a project and submit the report to the university on the following topics.

**Course objective:**

- To improve the writing skills
- To improve the disease burden presentation skills

Suggested topics for project:

- Maternal care
- Child care
- New born care
- Adolescent health

**Learning outcome:**

- Increased writing skills
- Increased presentation skills of disease burden

**Compulsory Internship  
(3 months)**

**(12 Credits)**

**Subject Code: DICH0801**

After the completion of the course the student should have to do a compulsory internship for 3 months in village to practice the skills and knowledge acquired in the course

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