

**MODIFIED AS  
JAC COMMUNITY COLLEGE**

**DIPLOMA IN HEALTH CARE (One year Course)**

**COURSE PATTERN**

<b>CODE</b>	<b>PAPER</b>	<b>HRS</b>	<b>CREDITS</b>	<b>HRS</b>	<b>CREDITS</b>	<b>TOTAL</b>
<b>SEM I</b>	<b>GENERAL EDUCATION</b>					
DCCC1HC01	Basic Science	2	2	-	-	2
DCCC1HC02	Communication Skills	3	3	-	-	3
DCCC1HC03	Life Coping Skills	2	2	-	-	2
DCCC1HCP1	Communication Skills Lab.	-	-	10	5	5
<b>SKILL COMPONENT</b>						
DCCC1HCP2	Basic Science& Fundamentals of Nursing Lab	-	-	27	14	14
DCCC1HC04	Fundamentals of Nursing	4	4			4
<b>TOTAL FOR SEMESTER I</b>				<b>48</b>		<b>30</b>
<b>SEM II</b>	<b>GENERAL EDUCATION</b>					
DCCC2HC05	Maternal and Child Health	5	5			5
DCCC2HC06	Community Health Nursing	4	4			4
DCCC2HC07	Value Education	3	3			3
<b>SKILL COMPONENT</b>						
DCCC2HCP3	Hands on Training on Maternal and Child Health			8	4	4
DCCC2HCP4	Hands on Training on Community Health Nursing			8	4	4
DCCC2HCP5	Internship			20	10	10
<b>TOTAL FOR SEMESTER II</b>				<b>48</b>		<b>30</b>

## PATTERN OF EVALUATION

For this Course there will be Continuous Internal Assessment (CIA) and Semester Examination (SE). The weightage ratio is

Paper	Internal marks	External marks	Total marks
Theory	40	60	100
Practical	50	50	100

### CIA Components:

Theory marks			Practical marks		
Test – I	:	30	Lab Work	:	15
Test – II	:	30	Record	:	10
Seminar / Quiz	:	10	Test / Viva	:	20
Assignment	:	05	Attendance	:	05
Attendance	:	05			
<b>Total</b>	<b>:</b>	<b>80*</b>	<b>Total</b>	<b>:</b>	<b>50</b>

### Internship:

External marks	Internal marks
Record : 10	Performance : 40
Viva voce : 40	Attendance : 10
<b>Total : 50</b>	<b>Total : 50</b>

\* The total Internal Marks of the Theory obtained for 80 will be converted into marks obtained for 40

### Pass Criteria:

Theory - 40% (Internal & External)

Lab - 40% (Internal & External)

## INTERNAL QUESTION PATTERN

**Time: 2 Hours**

**Maximum Marks: 30**

### **PART A**

- I. Answer **ANY FIVE** out of Eight Questions (5 X 2 = 10)

### **PART B**

- II. Answer **ANY THREE** out of Six Questions. (3 X 4 = 12)

### **PART C**

- III. Answer the following **ANY ONE** out of Three Questions. (1 X 8 = 8)

## EXTERNAL QUESTION PATTERN

**Time: 3 Hours**

**Maximum Marks: 60**

### **PART A**

- I. Answer **ANY FIVE** out of Eight Questions. (5 X 2 = 10)

### **PART B**

- II. Answer **ANY FOUR** out of seven Questions. (4 X 5 = 20)

### **PART C**

- III. Answer **ANY THREE** out of five Questions. (3 X 10 = 30)

## **BASIC SCIENCE**

**Semester : I**

**Hours : 2/week**

**Sub. Code : DCCC1HC01**

**Credits: 2**

### **UNIT I : ANATOMY & PHYSIOLOGY**

Body as an integrated whole - Erect and moving body - Integration and control of the body - Maintaining the metabolism of the body, circulatory, Respiratory, Excretory endocrine systems and Human reproduction.

### **UNIT II : MICROBIOLOGY**

Introduction to microorganisms - their presence in human body, soil and environment, Sources & modes of infection - Pathogenic microorganisms, Identification, and destruction of microorganisms - Health worker's responsibilities.

### **UNIT III: COMMUNICABLE DISEASES**

Introduction - Immunity and Immunisation - Care and treatment of patients with infection; Specific communicable & non-communicable diseases and infection symptoms - control and prevention, metabolic disease – early detection.

### **UNIT IV: MENTAL HEALTH**

Introduction - Measures and facilities for prevention and early detection - Prevention of mental illness - recognizing problems of adjustment in various life stages - Early detection of mental disorders - Behaviour and basic therapies - legal aspects - after care supervision - emergencies.

### **UNIT V : PSYCHOLOGY**

Factors influencing human behaviour – Life stages & Behavioural patterns – Emotions & behaviour – Defence mechanisms.

### **TEXT BOOK:**

Course Material.

### **REFERENCE BOOK:**

**Chacklay .A.M.** A text book for the Health Worker (ANM) .Volume I & II

## **COMMUNICATION SKILLS**

**Semester : I**

**Hours : 3/week**

**Sub. Code :DCCC1HC02**

**Credits : 3**

### **UNIT I : PROCESS OF COMMUNICATION**

The process of communication- elements of communication – types of messages – intended messages – perceived messages – types of communication- speech - different type of verbal communication - Conversations; listening skills – talking.

### **UNIT II : EFFECTIVE COMMUNICATION**

Effective communication – Guidelines for effective communication – Realistic and unrealistic expectations in communication – Describing and evaluating behaviour– Improving personal relationship – Factors that determine friendship – Meeting people for the first time – Developing friendships – Communication setting in touch with your feelings – 3 steps towards better relationships –Lack of acceptance What is the social skills model? – Goal – Perception – Translation - motor responses.

### **UNIT III: COMMUNICATION AIDS AND BLOCKTYPES OF LISTENING SKILLS**

Passive listening – Acknowledgement – Door openers – Content paraphrase – Active listening – Non verbal observation – Responding to legitimate dependency – Granting requests - communication blocks.

### **UNIT IV : PUBLIC SPEAKING:**

Introduction – Aims of public speaking – Manner of public speaking – Speech structure – Steps to successful delivery of the speech – Body language – Gaze – Posture – Gestures – Proximity – Touch – Personal appearance.

### **UNIT V : GROUP DISCUSSION**

Guidelines for group discussion – Establishing effective working relationships with others – Presenting yourself to others – Adopting an open attitude – Being sensitive to the feeling and needs of other people. Just a minute -Leadership communication - Team communication - Interview skill

### **TEXT BOOK:**

Course Material.

### **REFERENCE BOOK:**

“Walking The Extra Mile” a text book on Interpersonal Relationship and Communication Skills, Dr.XavierAlpones S.J.

## **LIFE COPING SKILLS**

**Semester : I**

**Hours : 2/week**

**Sub. Code : DCCC1HC03**

**Credits : 2**

### **UNIT I : MEANING AND PROCESS OF COPING**

Mechanisms of coping: Learning objective – Brainstorming session – Theory Input – Definition of coping – Positive, Negative, Two kinds of coping, Problem focused coping, Emotion Focused Coping.

#### **SELF – EFFICIENCY**

Control, Measuring Self-Efficacy, Assessment of Self – Efficacy, developing Self – Efficacy

#### **COPING WITH PHYSICAL CHANGE AND SEXUALITY**

Human life cycle – Anatomy of men and women – The meaning of purpose and sexuality – Problems connected with sexuality - Exercise.

### **UNIT II :SELF ESTEEM**

What is Self – esteem? – Why should I think about my Self – esteem? – The importance of high self esteem – Low self esteem

#### **SELF – CONCEPT**

What is the Self Concept? – The self-concept and Personal growth – Self Test – Exercises.

#### **SELF – ACCEPTANCE**

Definition – Theory – Self-awareness – Self acceptance being a person and becoming a person – Group activity Self –Image, Questions for Self – Reflection (Social Self).

#### **POSITIVE THINKING**

What is Positive thinking – The profile of a positive thinker – The positive attitude – Learn to turn negative thinking patterns around – Positive thinking - group activity.

#### **GOAL SETTING**

Benefits of goal setting – Plan of action.

#### **STRESS MANAGEMENT**

What is Stress? – How does stress affect you? – Some sources of stress to control harmful stress, Plan a personal stress management program - Some ways for you to reduce stress – Learn to control stress.

## **TIME MANAGEMENT**

What is Time management? – Why time management is so important? – Will time management really help me ? – Learn to schedule – Know your peak times – Control interruptions.

## **UNIT III: COPING WITH LONELINESS, SHYNESS AND FEAR OF REJECTION**

Coping skills – External unchangeable – External changeable.

## **MOTIVATION AND SELF ACTUALIZATION**

Introduction – Self actualization – Maslow's Theory physiological needs safety needs – Growth need - characteristics of self – actualizing people.

## **UNIT IV: COPING WITH ANGER & PHYSICAL & VERBAL ABUSE**

Consequences of a anger – Inhibiting anger – aggression – Managing anger & aggression.

## **UNIT V : COPING WITH HIV/AIDS, ALCOHOLISM & DRUG ABUSE**

Symptoms, prevention and rehabilitation

## **COPING WITH STUDY SKILLS**

Introduction – Identifying study problems coping with your study patterns – What you study? - When you study? – Why should I study? Plan your study each day – Develop your own shorthand system – How to take notes – How to write a report.

## **TEXT BOOK:**

**Course material.**

## **REFERENCE BOOK:**

**“WE SHALL OVERCOME”, a textbook on Life Coping Skills,**

**- Dr. Xavier Alphonse S.J.**

## **COMMUNICATION SKILLS- LAB.**

**Semester : I**

**Hours : 10/week**

**Sub. Code : DCCC1HCP1**

**Credits : 5**

### **LISTENING:**

1. Linguaphone video
2. Situational conversation video
3. Sound
4. Soft skills
5. Fluency tips

### **SPEAKING:**

6. Speech mechanism
7. Public speaking
8. Group discussion
9. Reporting
10. Tips for conversation

### **READING:**

11. Organs of speech
12. Degrees of comparison
13. Prepositions
14. Articles
15. Tenses
16. Sentences
17. Short vowels
18. Diphthongs

### **WRITING:**

19. Letter writing
20. CV & Covering letter.
21. Correction of sentence
22. Email



## **BASIC SCIENCE AND FUNDAMENTALS OF NURSING – LAB**

**Semester: I**

**Sub. Code: DCCC1HCP2**

**Hours: 28/week**

**Credits: 14**

### **1. BASIC SCIENCE**

1. Cleaning and Bed Making
2. Preparing aids for Skeletal System
3. Height and Weights Checking
4. Preparing Aids for muscular system.
5. Checking vital signs
6. Estimation of Hemoglobin, Blood Grouping.
7. Preparing Aids of digestive System
8. Urine Test(Reaction, Albumin, sugar, deposit, biles & bile pigments)
9. Changing the Position for the helpless patient
10. Mouth care
11. Eye, Ear. Nose Care
12. Nasocomial Infection
13. Health Education & Rehabilitation Care
14. Collection of Specimen
15. Nebulization

### **2. FUNDAMENTALS OF NURSING**

1. History collection & Physical Examination
2. Injections (IM, IV, SC, ID)
3. Dressing
4. Comfort Measures for positions
5. Bed Shampoo
6. Giving Enema
7. General Physical Examination (Assisting)
8. Gastric Lavage
9. Sponge Bath
10. Intravenous Fluids (Assisting)
11. Naso Gastric tube Feeding
12. Use of Flatus Tube
13. Care Rubber Hoods

## **FUNDAMENTALS OF NURSING**

**Semester : I**

**Hours : 4/week**

**Sub. Code : DCCC1HC04**

**Credits : 4**

### **UNIT I : FUNDAMENTALS OF NURSING**

Introduction to nursing concept; Organisations of health & nursing services; Maintenance of supplies, equipments, other facilities, Records & reports; maintaining a healthy environment.

### **UNIT II : NURSING TECHNIQUE PROCEDURES**

Observation and Examination; Aseptic practices and procedures - Surgical asepsis; Medications and therapies – Oral medications- Injections-Local applications.

### **UNIT III: BASIC NURSING CARE OF PATIENTS**

Care of patients with Respiratory problems - Heart Disease - Cardiac Symptoms - Elimination problems - (Constipation, Diarrhea, retention of Urine, Enema, Catheterization) - Fever, Chills – Gastroenteritis - Chronically ill patients - Pre operative care of patients.

### **UNIT IV: MEETING HYGENIC & COMFORT NEEDS**

Care of Skin – Bathing a patient, Bed bath / sponge bath, Nutrition, Mouth care, changing position of patient – making a comfortable bed in home & hospital

### **UNIT V: FIRST-AID AND EMERGENCY NURSING**

Introduction - Promoting safety – consciousness - injuries to bone joints - Wounds and Hemorrhages - Poisons swallowed etc, -Foreign bodies in eye, ear, nose, throat etc, - Snake-bite ,Dog bite, Insect bite and Stings, Scalds and Burns. Do's & dont's for Platinum minutes and Golden hours – Circulatory & respiratory emergency - Position of patients - Life Saving Measures - consent & informed consent.

### **TEXT BOOK:**

Course Material.

### **REFERENCE BOOK:**

**Chacklay, A.M.** A text book for the Health Worker ( ANM) Volume I & II

## **MATERNAL AND CHILD HEALTH**

**Semester : II**

**Hours : 5/week**

**Sub. Code : DCCC2HC05**

**Credits: 5**

### **UNIT I : INTRODUCTION TO MATERNAL HEALTH**

Care during Maternity cycle - conception period, Antenatal, Intranatal-partograph, post-natal, Neonatal resuscitation- schemes and programmes for maternal health care services.

### **UNIT II : INTRODUCTION TO CHILD HEALTH**

Growth and Development of a child; The new born – Immunization Schedule- Nutritional requirements – safety measures and hazards, Protection of child's health - Agencies for child care and welfare - Health Education on child care.

### **UNIT III: MATERNITY AND NURSING**

Physiological changes during pregnancy - Growth and development of foetus - Normal preparation for pregnancy – normal placenta-

### **UNIT IV: ABNORMAL LABOUR & PUERPERIUM**

Complications of labour - Obstructive operators - Abnormal puerperium.

### **UNIT V: MAINTAINING RECORDS & STATISTICS**

Maintenance of records – responsibility in keeping records – Maternal Mortality Rate (MMR) – causes for Maternal mortality rate – Factors associated with MMR.

### **TEXT BOOK:**

**Course material**

### **REFERENCE BOOK:**

**Chacklay, A.M.** A text book for the Health Worker ( ANM) Volume I & II

## **PAPER II: COMMUNITY HEALTH NURSING**

**Semester : II**

**Hours :4/week**

**Sub. Code : DCCC2HC06**

**Credits : 4**

### **UNIT I : BASIC MEDICINE AND PHARMACOLOGY**

Introduction - Home nursing and basic medical care - Treatment of minor ailments - Pharmacology - Sources of drugs - Drug legislation - Preparation of drugs - Weights and measures - Abbreviation in common use – Action of drugs – adverse effects.

### **UNIT II : HYGIENE**

Introduction to Hygiene and Healthy living, Physical health, Periodical health examinations, Health in home, Mental hygiene and health in family, Early children, Later children, Adult Centers, Adulthood and old age problems - Geriatric Medicines – Care of Bed Sore - paraplegia patient – COPD and cardiac diseases

### **UNIT III: NUTRITION**

Introduction - Nutrition education - Nutritive value of food stuff - balanced diet - Preparation and preservation of food - Deficiency diseases of malnutrition – obesity & BMI - Food adulteration practices.

### **UNIT IV: ENVIRONMENTAL SANITATION**

Basic sanitation needs of village, towns and semi-urban areas – Disinfections - Sterilization

### **UNIT V: HEALTH EDUCATION**

Aims of Health Education – Nursing Education – approaches – Group Health Education-community health bag-cold chain-DOTS Therapy, Vaccine Careers-programmes (Mid day meal programme & School Health Programme)

### **TEXT BOOK:**

Course Material

### **REFERENCE BOOK:**

A text book for the Health Worker ( ANM)

## VALUE EDUCATION

**Semester : II**

**Hours : 3/week**

**Sub. Code : DCCC2HC07**

**Credits : 3**

### UNIT I: BASIC VALUES

Basic values in life-Personal, social, spirituals and professional-Life oriented skills- external and internal influences of one's life-self-esteem, self-concept, self-acceptance and personality development- Positive thinking- positive attitude- the models of positive thinking- the power of positive thinking.

### UNIT II: MOTIVATION AND SELF ACTUALIZATION

Motivation and self-actualization- inspiration Vs motivation- internal and external motivation-push and pull motives-motivators- Demotivating factors-Goal setting- Goal,its focus and importance-obstacles to set goals- Different types of goals- balanced goal – goals consistent with values

### UNIT III: SUCCESS

Success and its definition- obstacles to success- overcoming obstacles- qualities that make a person successful- Problem solving- Ten principles for managing problems positively- meaning of decision making- decision making process.

### UNIT IV: TIME MANAGEMENT

Time management- its importance- its usefulness- time factor- the management of time is management of life- tips for time management- Stress- its kinds- its causes and effects- sources of stress- response to stress- tips for managing stress.

### UNIT V: கத்சு;f;fy

மனவளக்கலை எளியமுறை தியாகப் பயிற்சிகள் – தியானப் பயிற்சிகள்- அகத்தாய்வுப் பயிற்சிகள்

### TEXT BOOK:

1. Dr. Xavier Alphonse S.J., “We Shall Overcome” - A Text book on Life Coping Skills, ICRDCE Publication, Chennai, 2011.
2. அறிஞர் குடி. ஆழியாறு வாழ்வில் வெற்றி பெற மாணவர்களுக்கு மனவளக்கலை வேதாத்திரி பதிப்பகம் – ஈரோடு.

## **HANDS ON TRAINING ON MATERNAL AND CHILD HEALTH**

**Semester : II**

**Hours : 8/week**

**Sub. Code : DCCC2HCP3**

**Credits: 4**

1. Preparing aids for immunization Schedules.
2. Perennial Care
3. Vaginal Douche
4. Vaginal Examination (Assisting)
5. Rectal Suppositories
6. Admission & Discharge
7. Resuscitation
8. Suture removal
9. Catheterization
10. Enema
11. Newborn Assessment

## **HANDS ON TRAINING ON COMMUNITY HEALTH NURSING**

**Semester : II**

**Hours : 8/week**

**Sub. Code : DCCC2HCP4**

**Credits: 4**

1. Blood Transfusion (Assisting)
2. Care of hair
3. Health education
4. Cooking method
5. Bag technique
6. Vital signs
7. Under five assessment
8. Antenatal assessment
9. Postnatal assessment

## **INTERNSHIP**

**Semester : II**

**Hours : 20/week**

**Sub. Code : DCCC2HCP5**

**Credits: 10**