

# **BU-COMMUNITY COLLEGE CONSULTANCY CENTRE**

**REVISED SYLLABUS – 2021-22**

**FOR**

**DIPLOMA IN HEALTH AND WELFARE ASSISTANCE**



**BHARATHIAR UNIVERSITY**

**COIMBATORE-641046**

**BHARATHIAR UNIVERSITY, COIMBATORE.**

**DIPLOMA IN HEALTH AND WELFARE ASSISTANCE  
(Community College)**

**(for the candidates admitted form the academic year 2021-22 onwards)**

**Minimum qualification for admission** to Diploma Course in Health and Welfare Assistance is a pass in Standard X.

**SCHEME OF EXAMINATIONS**

<b>S.No</b>	<b>Title of the Course</b>	<b>Credits</b>	<b>Maximum Marks</b>
1	Fundamentals of Nursing (Theory)	4	100
2	Pediatric Nursing (Theory)	4	100
3	Nutrition (Theory)	4	100
4	Community Health Nursing (Theory)	4	100
5	Fundamentals of Nursing (Practical)	4	100
6	Pediatric Nursing (Practical)	4	100
7	Community Health(Practical)	4	100
8	Internship/Hospital Training Report (Practical)	4	100
	<b>Total</b>	32	800

**Question paper Pattern: Theory**

**Section A:** (10 x 2=20 Marks)

Answer ALL the questions

**Section B:** (5 x 6 = 30 Marks)

Answer ALL the questions either (a) or (b)

**Section C:** (5 x 10 = 50)

Answer ALL the questions either (a) or (b)

Duration of examinations for all papers is three hours.

\*Minimum Pass Mark: 40 Marks

**PAPER I**  
**FUNDAMENTALS OF NURSING**

<b>Unit:1</b>	<b>Introduction to Nursing</b>	
<p>Nursing: Definition, meaning, Nature, scope, principles and .  History of nursing- Nurse: Definition and meaning, preparation of a nurse qualities, personal, professional. Ethics in nursing, Role and responsibilities of a nurse.  Health care agencies: Hospital and community, Types of Hospitals and their functions.  Holistic approach to nursing, Comprehensive nursing care.</p>		
<b>Unit:2</b>	<b>Basic Nursing Care and Needs of the Patient</b>	
<p>Hygienic Needs and physical needs- Importance of maintaining good personal and environment hygiene in health and disease. Nurse's role in maintaining good personal and environment hygiene- Care of Skin and Mucous Membrane- Bed bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and feet. Nutrition needs- Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse's role in maintaining good nutrition, feeding helpless patients, maintenance of intake and output record. Elimination needs- Problem in sickness: constipation and diarrhea, retention and incontinence of urine. Nurse's role in meeting elimination needs.  Safety needs - Environmental hazards, role of nurses in prevention of health hazards. Interpersonal relationship, cultural/spiritual/religious needs. Activity and Exercises - Importance of activity and exercise in health and sickness, active and Passive exercise.</p>		
<b>Unit:3</b>	<b>Assessment of Patient/ Client</b>	
<p>Principles and importance of assessment, methods of assessment: observation, palpation, auscultation, percussion, developing skill in observation. Physical Assessment - Height, weight, Posture, speech. Physiological Assessment - Temperature, pulse, respiration and blood pressure - Characteristics of normal and abnormal (T.P.R and B.P.) and factors influencing the variations. Urine stool, vomit, sputum, normal and abnormal behavior and its deviation.</p>		
<b>Unit:4</b>	<b>Therapeutic Nursing Care and Procedures Asepsis</b>	
<p>Hand washing, hand scrubbing, use of mask, gown, gloves. Disinfection techniques, sterilization techniques. Autoclaving, boiling, flaming, ultra violet rays.  Care and Sterilization of: Linen, bed, mattress, floor, walls, cupboard and other articles. Rubber goods, dressing, instruments, needles, syringes enamel articles. Barrier Nursing and Isolation.  Care of Respiratory System - Inhalation: dry inhalation, moist inhalation, jug, Nelson's inhaler, steam tent, electric inhalers, suction oro-nasal- Collection of specimen of sputum for examination. Care of Gastro Intestinal Treat - Preparation and giving of enema: Retention enema, Evacuation enema, suppository, passing of flatus tube, Care of Skin and Mucous Membranes - Cold application: ice cap, cold packs, use of evaporating lotion. Hot application: use of hot water bottle, dry fomentation, moist fomentation,</p>		

Medicated fomentation.	
<b>Unit:5</b>	<b>Basic Needs and Care in Special Conditions</b>
Care of patient with fever, unconscious patient, patient with fluid imbalance, Patient with dyspnoea, - Care of terminally ill patient. - Care of physically handicapped. Dying patient Signs and symptoms of approaching death, needs of dying patient and his relatives, Care of the dying, last offices, packing of dead bodies in non-communicable and communicable diseases. Clinical psychology in illness and counseling.	
<b>Text Book(s)</b>	
1	Introduction to Nursing. May Spencer & Katherine 1987
2	Fundamentals of Nursing. Ruth F. Craven & J. Hirule
3	Basic Nursing. Potter & Perry
4	Fundamental of Nursing. Poonem Chawla-1976

**PAPER II**  
**PAEDIATRIC NURSING**

<b>Unit:1</b>	<b>Introduction</b>	
Introduction- Concept in child health care-Trends in paediatric nursing- Role of paediatric nurse in child care. Child care in India- Emerging challenges, nursing process related to paediatric Nursing. Concept of preventive paediatrics. Vital statistics.		
<b>Unit:2</b>	<b>The Newborn</b>	
<p>A. Characteristics of New Born and Physiological Status ofT henew born- Assessment of the new born: head to toe assessment (physical assessment), neurological assessment. Nursing care of the normal/healthy new born Includinghome care. Breast feeding concept of Baby friendly Hospital Initiative.</p> <p>B. Common health problems medical and nursing management of: Hyperbilirubinaemia, hemolytic disorder, neonatal hypoglycaemia, Sepsis, oral thrush, impetigo, erythema toxicum, hypothermia,Neonatal convulsions. Birth injuries; injuries of muscles and peripheral nerves, injuries of bones, soft tissue injury and injury of nervous system.</p> <p>C. High risk New born Defination: small for dates, Low birth weight- Common health problems of pre-term, post term and low birth weight infants and their nursing management- High risk to new born of HIV +ve mother, diabetic mother, its medical and nursing care.</p>		
<b>Unit:3</b>	<b>The Healthy child</b>	
<p><b>The Healthy child</b> Growth and development: Definition, principles, factors affecting growth and development, Techniques of assessment of growth and development, importance of learning about growth And development.The Infant- Growth and development during Infancy. Health Promotion during infancy- Nutrition counseling and weaning, immunization Safety and security including prevention of accidents, play and toys. The Toddler-Growth and development of toddler. Health promotion during toddler hood, nutrition counseling, Toilet training, immunization, safety and prevention of accidents, guidance to parent on toddler's Care, play and toys.</p> <p><b>The pre-Schooler</b> Growth and development during pre-school years. Health promotion during pre-school years, nutritional guidance, safety and security, Day care centres/nursery school, play , role of parents in sex education of child.</p> <p>The School ager- Physical, psychological and moral development during school age years. Health promotion during school years, nutritional guidance, sleep and rest, physical exercise and Activity, dental health, sex education, play, role of parents in reproductive child health.</p> <p>The Adolescent- Physical changes, physiological and reproductive changes, reaction of adolescents to puberty. Health promotion during adolescence. Nutritional guidance, personal care, reproductive health/sex education, Role of parents in health Promotion of adolescents.</p>		

<b>Unit:4</b>	<b>The Sick Child</b>	
<p>Child's reaction to hospitalization. Effects of hospitalization on the family of the child. Role of nurse in helping child and family in coping with stress of hospitalization and illness. Nursing interventions and adaptations in nursing care of sick child- Examination, principles of safety observed in paediatric techniques. Preparation of child for diagnostic tests, collection of specimens. Role of health assistant in pediatric emergency.</p>		
<b>Unit:5</b>		
<p>Behavioural Disorders and common Health Problems during Childhood, Their Prevention, Medical and Nursing Management          Infancy- Nutritional disturbances, allergies, dermatitis, vomiting, diarrhea, failure to thrive, Resistance to feeding, colic, anxiety.          Early Childhood- Communicable diseases, poisoning, tonsillitis, otitis, media, urinary tract infections, diarrhea, Child abuse, breath holding spells, bed wetting, thumb sucking, nail biting, temper tantrums, masturbation.          Later Childhood- Problems of pubertal development: Precocious puberty tall stature, gynaecomastia, acne, Amenorrhoea, dysmenorrhoea, sexually transmitted diseases, accidents, sports injuries, Juvenile delinquency, anorexia nervosa, obesity.</p> <p><b>Welfare of Children</b>          Child welfare services, agencies, balwadi, anganwadi, day care centres, midday meal programme Welfare of delinquent and destitute children. Programme and policies for welfare of working children. National child labour policy Child Act. Juvenile Justice Act. Internationally accepted rights of the child.</p>		
<b>Text Book(s)</b>		
1	Pediatrics.- Dr.Suraj Gupta-1985	
2	Text Book of Pediatric Nursing. Harjit Singh-1996	
3	Essential Pediatrics for Nurses. Meharban Singh-2004	

**PAPER III**  
**NUTRITION**

<b>Objectives</b>	
1	To know and understand the importance of nutrition.
2	To know about various nutrients and its sources and deficiency disorders.
3	To know about menu planning.
4	To learn about various therapeutic diets.
<b>Module-1      Food and Health</b>	
1	Functions of food, Basic food groups III.
2	Balanced diet- definition, concept, importance.
3	Health, importance of food for health.
<b>Module-2      Study of nutrients</b>	
1	Carbohydrates, Protein, Fat-Sources and Function
2	Water: function.
3	Vitamins- sources and deficiency disorders.
4	Minerals-Ca, Ph, Iron, Iodine, Sodium, Folic acid
<b>Module-3      Menu Planning and Types of diet</b>	
1	Principles of menu planning
2	Types of hospital diets-bland diet, soft, liquid, tube feeding
<b>Module-4      Nutrition in special conditions</b>	
1	Pregnancy.
2	Lactation.
3	Old age.
4	Diet in non-communicable diseases-diabetes, atherosclerosis, cancer.
5	Diet in liver and kidney diseases.
<b>Related Experiences</b>	
1	Learn about food pyramid model in the food science laboratory.
2	Visit the dietary services of a hospital.
3	Prepare different types of diets in special conditions and therapeutic conditions.
<b>References books</b>	
1	Abraham,S.(2016). Nutrition through lifecycle, New age International Publishers, NewDelhi
2	St. John Ambulance Association (2000), First Aid the injured, st. John, New Delhi Miriam.(2001). Baby And Child Healthcare, Penguin Publishing Company, New Delhi.
3	Shubangini. A. J.(2002) Nutrition and Dietetics, McGraw – Hill Publishing Company Limited, New Delhi. Srilakshmi,B.(2008).Nutrition Science, 3rd Ed, New

	AgeInternational (P) Ltd. Publishers, New Delhi.
4	Bamji M.S., Krishnaswamy, K., and Brahmam (2009). Textbook of Human Nutrition, 3rd Ed., Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi
5	Park, K.(2005). Park's Textbook of Preventive and Social Medicine, 18th Ed M/s Banarsidas Bhanot Publishers, Jabalpur, India.
6	Swaminathan, M.(2001).Principles of Nutrition and Dietetic Bangalore Printing andPub.Co. Ltd. Bangalore.
7	Gopalan, C., Ramasastry and Balasubramanian, S.C.(2007). Nutritive value of IndianFoods- Nutrient Requirements and Recommended Dietary Allowances for Indians – NIN,ICMR Publications

**PAPER IV**  
**COMMUNITY HEALTH NURSING**

<b>Module-1</b>		<b>Introduction to community health</b>
1	History, healthcare delivery system-PHC, functions of PHC, role of Health worker at PHC.	
2	WHO-functions, definition of health as per WHO.	
3	Functions of UNICEF, FAO, Red Cross.	
4	Health problems in India, Health planning Programme.	
<b>Module-2</b>		
<b>Module-2</b>		<b>Environmental sanitation</b>
1	Air- Air Pollution, causes, prevention and control of air pollution.	
2	Noise- pollution.	
3	Water- sources of water, water pollution, purification of water.	
4	Ventilation, types, lighting.	
5	Disposal of waste, solid waste management, liquid waste management, hazards of improper waste management.	
6	Excreta disposal- types of latrine, hospital waste management, segregation, transport and disposal.	
<b>Module-3</b>		
<b>Module-3</b>		<b>Disease prevention and control</b>
1	Microorganisms, bacteria, fungus, virus,	
2	Types of bacteria, classification of micro-organisms	
3	Mode of transmission of micro-organisms-vector, vehicle borne, carriers, airborne, waterborne	
4	Hand washing.	
5	Disinfection-methods, physical and chemical method.	
6	Sterilization-methods, autoclaving, incineration.	
<b>Module-4</b>		
<b>Module-4</b>		<b>Home visit</b>
1	Home visit, case record and family health.	
2	Importance of health education in community health.	
3	Group education.	
<b>Related Experiences</b>		
1	Health education for community.	
2	Survey on immunization of school children	
3	Visit to PHC,	
4	Water purification center	
5	Home visit	
6	Record of family health	
<b>References books</b>		
1	Park, k.&Bonarsidar, M.S.( 2000) . Essentials of Community Health Nursing,	

	3rd edition, Bharat publishers, Jabalpur.
2	Manelkar. (2002). Textbook for health workers, Bora medical publication, Mumbai
3	Primary Health Centre Training guide: Training methodology,(2003). Ministry of Health and Family welfare, New Delhi.
4	Health Care Assistance- Community Health Nursing TNOU,(2005). 1st edition, Chennai.
5	Better Care during diarrhoea , Ministry of Health and Family Welfare, Govt of India.
6	People, Water, & Sanitation, published by The National Drinking Water Mission, Government of India.

**PAPER-IV**  
**PRACTICAL-I**

<b>Fundamentals Of Nursing Practical</b>	
1	Care of skin and mucous membrane -Bed bath-care of hair eyes-Nose, ears, teeth, genetlia, hands and feet.
2	Activity and Exercise-Importance of activity and exercise in health and sickness - Active and passive exercise
3	Physiological Assessment -Temperature-pulse-Respiration-Blood pressure
4	Care and Sterilization-Linen-Bed-Mattress-Floor, walls, cupboard and other articles.
5	Collection of Specimen of sputum for examination
6	Preparation and giving of enema -Retention enema -Evacuation enema –Suppository-passing of flatus tube -care of skin -mucous membrane
7	Cold application -Ice cap-Cold packs-Use of evaporating lotion.

**PAPER-V**  
**PRACTICAL-II**

<b>Paediatric Nursing</b>	
1	Assessment of the new born -Head to toe assessment -Neurological assessment
2	Birth injuries -injuries of muscles and peripheral nerves -injuries of bones-soft tissue injury and injury of nervous system
3	Immunization safety and security -prevention of accidents-play and toys
4	Medical and nursing management infancy - Nutritional disturbances-Allergies - Dermatitis -Vomiting -Diarrhea -Failure to thrive-Resistance to feeding, colic and anxiety
5	Child welfare services-Agencies-Balwadi-Anganwadi-day care centres