

**Certificate/Diploma Course in Care Giver
(Old Age Care and Nutrition)**

Objectives

1. Create safe, healthy and stimulating environment.
2. Promote awareness on common human diseases.
3. Provide nutritional services to the patient.
4. Support first aid in the event of emergencies.
5. Provide hygienic care services to the patient.
6. Monitor the well-being (nail, foot, eye, ear etc.) of the patient.

Duration of Course

1) Certificate: 6 months

2) Diploma: 12 Months

Eligibility: 10+2

Outline of the Course

Topics Covered under Certificate Course: Sr. No. from 1 to3.		
Topics Covered under Diploma Course: Sr. No. from 1 to 6.		
Sr. no.	Paper	Credits
1.	Environment, Health and Disability	06
2.	Nutrition and Meal Management	06
3.	Practical	06
4.	Emergency, First Aid and Enabling caregivers.	06
5.	Health & Personal Hygienic Care	06
6.	Project Work/Field Visit/ On the Job Training	06

1. Environment, Health and Disability

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

Unit 1: Safe, Healthy and Stimulating Environment: Develop general concept of care giving, Keep the workplace clean & tidy, Check/maintain tools/ equipment safely, Minimize/control noise/ air/ water/ soil pollution, Change decoration of the environment, Dispose wastages, Keep sharp instrument/ medicine/ chemicals out of reach of the patient.

Unit 2: Introduction to Common Human Diseases: Familiarize with common cold, nutrition deficiency disorders, diarrhea, tuberculosis, hepatitis, hypertension, rabies, worms, HIV /AIDS, measles, pneumonia, diabetes, jaundice.

Unit 3: Introduction to disability: Disease, impairment, Disability, handicap, Types of Disability and their characteristics: Mental Retardation, Autism, Cerebral palsy, Multiple Disabilities, Visual Impairment (Blindness & Low Vision), Hearing Impairment Locomotor Disability, Leprosy Cure, Mental illness

2. Nutrition and Meal Management

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

Unit 1: Maintain food hygiene, Prepare feeding schedules, Maintain food quality, Provide safe drinking water, Prepare meal, Calculate ingredients for soft food (diet), Feed patient Manage need based specific diet,(diabetes) , Prepare liquid diet.

Unit 2: Emotional and social development: Definition, factors of emotional & social development during Infancy & Childhood, common childhood emotions, role of family & School in socialisation of child.

Unit 3: Speech and Play Development: Importance of speech & play development, factors affecting language development. Tasks how children learn to speak, Importance of selection of suitable toys and play material for the child, Common play activities for the child.

3. Practical

Total Marks: 100
External Marks: 70
Internal Marks: 30
Credits: 6
Pass Percentage: 40%

List of Practical (Based on Paper 1 & 2)

1. Visiting an old aged home & interacting with old people to know their problems & possible solution.
2. Familiarly instructions of old aged home.
3. Mobility problem, vision, problem, depression, recovery from illness, communication problems, bone-weakness.

4. Emergency, First Aid and enabling caregivers

Total Marks: 100
External Marks: 70
Internal Marks: 30
Credits: 6
Pass Percentage: 40%

Unit 1: Recognizing & responding to Emergencies. Respond to emergencies/accidents, threats and situation of danger, other emergency situations, Immobility in severely disabled/critically ill persons including pain management.

Unit 2: How to administer medicines, appropriately and on time Care and prepare first aid kit for fever, loss of consciousness, bleeding, choking, drowning, when breathing stops, breathlessness, nasal bleeding, hypothermia, hyperpyrexia, dehydration, high altitude sickness, foreign body obstruction, seizure, sprain/ fracture, shock, burn, sun-stroke,

suffocation and Sterilization articles. etc. Giving first aid for burns, poisoning, snake stings and bites etc. CPR, Diabetes and low blood sugar.

Unit 3: Counseling-individual/group/family, networking skills for referral purpose and management of community resources and empowering families, early signs of caregivers' distress, coping with stress & need for Support of the Care givers developing positive attitude, Leadership, Importance of interpersonal relationship, Importance of understanding the difficulties and needs of disabled persons. Communicating with Elderly Clients: Seniors may be slow, forgetful, temperamental and stubborn. Learn how to manage seniors by understanding their underlying medical problems and behavior and engaging them through effective communication methods.

5. Health & Personal Hygienic Care

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

Unit 1: Definition of Health (Physical & Mental) and Illness, Personal hygiene, Oral diseases & Dental hygiene, Differences between infectious and non-infectious diseases. Comfort Measures: Reassure/ comfort the patient, provide opportunity for rest/sleep, Support clients for daily activities (e.g. feeding, toilet, combing), Make occupied beds, Provide relaxation, Keep the patient in supine/ dorsal position, Keep the patient in prone position, Keep the patient in lateral position, Keep patient in lithotomic position, Apply Pressure relief measures to prevent bed sore, Make unoccupied beds, Apply comfort devices.

Unit 2: Hygienic Care Services: Provide oral care, mouth care, hair care, nail care, eye care, Carry out skin care, nose/ ear care, genital area, back care, belongings (e.g. clothes, footwear), clothes, Support client for changing dresses, clothes, bathing/ washing, toileting, Ensure self-hygiene/care, Clean dishes/ utensils, Promote care practices, Maintaining personal hygiene, Environmental hygiene, Bed making Prevention of bed sores, Bed bath(sponge bath). Simple sterilization methods and prevention of cross infection, Positioning & transferring skills, Nutrition and feeding including preparation of simple therapeutic diet, Cleanliness, Regular bowel movement and urination, Assisting in exercise, rest and sleep Use of Aids & appliances.

Unit 3: Monitoring Wellbeing: Taking & Recording pulse rate, blood pressure, respiration rate, body temperature, Make regular observation of patient, intake- output record etc.

6. Project Work/Field Visit/ On the Job Training

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

1. **CLINICAL TRAINING:** Trainings should be provided in health facilities set up, preferably hospital step and students should visit nearest Primary Health Centres, Community Health Center, Public / Private Hospital/s and Rehabilitation Units in the region and learn Basic Life Support techniques at emergency / ICU Units of the health facilities.
2. Demonstrate attention to hygiene needs, paying particular attention to hair, nail care and oral hygiene.
3. Preparing first aid kit.
4. Use of routine medical equipment: like stethoscope, B.P Instrument, thermometer, sugar check, hearing aids, dentures.
3. Customized diet plan.
4. Basic physiotherapy.
5. Handling emergencies/SOS.
6. Interactive with aged & their problems and solutions.