

13. DETAILS OF COURSE STRUCTURE

Course Code: BNS – 041

Title of the Course : Foundations of Community Health

	Theory
Credits	4
Study Hours	120
Contact Hours	60

Note: One credit is equal to 30 student study hours.

Objectives:

After completion of this course the learner should be able to:

- Strengthen knowledge and skills in community health, epidemiology, environmental health, biomedical waste management and infection control.
- Discuss organisation of healthcare at various levels
- Explain nutritional assessment and nutritional requirement during pregnancy, lactation, infancy, childhood, adolescence and elderly.
- Describe nutritional deficiency disorders, food borne diseases and food safety.
- Explain the management of communicable and non-communicable disease as per guidelines of national health programmes at subcentre level.
- Use the communication, management and supervisory skills for managing the subcentre.

Course Outline (Theory)

Block 1 : Introduction to Public Health and Epidemiology

- Unit 1 : Concepts of Community Health
- Unit 2 : Health Care Planning and Organisation of Health Care at various Levels
- Unit 3 : Environmental Health and Sanitation
- Unit 4 : Introduction to Epidemiology, Epidemiological Approaches and Processes
- Unit 5 : Demography, Surveillance and Interpretation of Data
- Unit 6 : Bio-Medical Waste Management and Infection Control

Block 2 : Nutrition

- Unit 1 : Introduction to Nutrition and Nutritional Assessment
- Unit 2 : Nutrition during Pregnancy and Lactation
- Unit 3 : Nutrition for Infant, Child, Adolescent and Elderly
- Unit 4 : Nutritional Deficiency Disorders
- Unit 5 : Food Borne Diseases, Food Safety

Block 3 : Communicable Diseases and Management under National Health Programmes

- Unit 1 : Epidemiology of Specific Communicable Diseases
- Unit 2 : Communicable Diseases -1 Vector Borne Diseases
- Unit 3 : Communicable Diseases -2 Infectious Diseases
- Unit 4 : Communicable Diseases -3 Zoonotic Diseases

Block 4 : Non-Communicable Diseases and Management under National Health Programmes

- Unit 1 : Epidemiology of Specific Non-communicable Diseases
- Unit 2 : Non-Communicable Diseases – 1

- Unit 3 : Non-Communicable Diseases – 2
 Unit 4 : Occupational Diseases
 Unit 5 : Mental Health and Substance Abuse Disorders
 Unit 6 : Elderly Care
Block 5 : Communication Management and Supervision
 Unit 1 : Behaviour Change Communication Skills and other Soft Skills
 Unit 2 : Work Management and Administration
 Unit 3 : Leadership, Supervision and Monitoring
 Unit 4 : Health Management Information System
 Unit 5 : Financial Management, Accounts and Computing
 Unit 6 : Records and Reports

Course Code: BNS – 042

Title of the Course : Primary Health care in common conditions

	Theory
Credits	4
Study Hours	120
Contact Hours	60

Note: One credit is equal to 30 student study hours.

Objectives:

After completion of this course the learner should be able to:

- Explain the concept of reproductive, maternal, new born and child health +A programme of Govt. of India.
- Develop knowledge and skills in providing comprehensive primary healthcare in management of common conditions and emergencies and provide first aid.
- Develop knowledge and skills in providing ante-natal care, intra-natal care, post partum care to the mothers.
- Identify, manage and refer cases of obstetrical complications.
- Provide essential newborn care.
- Discuss the management of common neonatal and child health problems.
- Explain the integrated management of neonatal and childhood illness.
- Describe universal immunisation programme.
- Identify and refer cases with common surgical conditions.
- Develop knowledge about common drugs in general and drugs used in sub-centres.

Course Outline (Theory)

Block 1 : Management of Common Conditions and Emergencies including First Aid

- Unit 1 : Common Conditions – Gastro Intestinal System
 Unit 2 : Common Conditions – Respiratory System
 Unit 3 : Common Conditions – Heart, Urinary System and Blood Disorders
 Unit 4 : Common Conditions – Eye, Ear, Nose and Throat
 Unit 5 : First Aid in Common Emergency Conditions
 Unit 6 : Disaster Management

Block 2 : Maternal Health

- Unit 1 : Introduction to RMNCH+A Programme
 Unit 2 : Ante Natal Care
 Unit 3 : Intranatal care

- Unit 4 : Early Identification, Management and Referral of Complications
 Unit 5 : Post Partum Care
Block 3 : Reproductive Health and Adolescent Health
 Unit 1 : Gynecological Conditions
 Unit 2 : Family Planning Methods, Spacing Techniques and Counseling
 Unit 3 : Medical Abortion and MTP Act
 Unit 4 : Counselling in Reproductive and Sexual Health including problems of Adolescents
 Unit 5 : Management of Teenage Pregnancies
Block 4 : Newborn and Child Health Care
 Unit 1 : Essential Care of Newborn at Birth
 Unit 2 : Management of Common Neonatal and Child Health Problems
 Unit 3 : Integrated Management of Neonatal and Childhood Illness
 Unit 4 : Introduction to Rashtriya Bal Swasthiya Karyakaram
 Unit 5 : Universal Immunisation Programme (UIP)
Block 5 : Overview of Common Surgical Conditions
 Unit 1 : Common Surgical Conditions -1
 Unit 2 : Common Surgical Conditions -2
 Unit 3 : Congenital Malformations
 Unit-4 : Screening for Common Cancers
Block 6 : Essential Drugs
 Unit 1 : Essential Drugs – 1
 Unit 2 : Essential Drugs – 2
 Unit 3 : Essential Drugs – 3

Course Code: BNSL – 043

Title of the Course : Public Health and Primary Health Skills

	Theory
Credits	10
Study Hours	300
Contact Hours	300

Note: One credit is equal to 30 student study hours.

Objectives:

After completion of the course the learner should be able to:

- Perform community need assessment, nutritional assessment and investigation of an outbreak.
- Organise special clinics, health education and counseling sessions.
- Conduct general and specific basic laboratory tests at sub-centre level.
- Carryout the general and specific examination of a patient.
- Identify and manage common fevers, common aches and pains as per protocol.
- Provide first aid care in common emergencies including basic life support.
- Identify and refer the higher risk cases.
- Use safe injection and immunisation techniques and practices.
- Conduct antenatal, intranatal and post natal examination and conduct normal delivery.
- Provide appropriate care to the mothers and children.
- Strengthen the skills in assessment and management in STIs and RTIs
- Perform the procedure of insertion and removal of IUDs
- Perform newborn resuscitation.
- Assess the newborn and provide kangaroo mother care.
- Monitor growth and development of newborn and children.
- Carryout young child feeding and counseling

Course Outline (Practical)

Block 1 : Public Health Skills

- Unit 1 : Community Need Assessment and Identification of Common Health Problems
- Unit 2 : Nutritional Assessment
- Unit 3 : Investigation of an Outbreak
- Unit 4 : Organising and Conducting Special Clinics
- Unit 5 : Social Mobilisation Skills
- Unit 6 : Health Education and Counseling
- Unit 7 : Report Writing and IT Skills including Interpretation and Use of Data

Block 2 : General Skills and Laboratory Skills

- Unit 1 : Universal Precautions and Bio-Medical Waste Management
- Unit 2 : Procedures for Basic Tests
- Unit 3 : Common Blood Tests and Preparation of Peripheral Smear
- Unit 4 : Examination of Swelling, Lumps and Joints
- Unit 5 : Eye and ENT Examination
- Unit 6 : Screening and Management of Common Dental Conditions
- Unit 7 : Suturing of Superficial Wounds
- Unit 8 : Drugs Dispensing and Injections

Block 3 : Skills for Management of Common Conditions and Emergencies

- Unit 1 : Basic Life Support (BLS)
- Unit 2 : Assessment and Management of Fevers
- Unit 3 : Management of Common Aches and Pains
- Unit 4 : First Aid Techniques and Stabilisation Care in Common Emergencies – 1
- Unit 5 : First Aid Techniques and Stabilisation Care in Common Emergencies – 2
- Unit 6 : Geriatric and Palliative Care

Block 4 : Maternal Health Skills

- Unit 1 : Assessment of Health Status of Women
- Unit 2 : Ante Natal, Intra Natal, Post Natal Examination and Care
- Unit 3 : Organising Labour Room
- Unit 4 : Conducting Normal Delivery and Partograph
- Unit 5 : Identification, Care and Referral of Complications during Labour
- Unit 6 : Post Natal Examinations and Care
- Unit 7 : Emergency and Injectable Contraceptives and Follow-up Care

Block 5 : Reproductive and Adolescent Health Skills

- Unit 1 : Assessment and Management of STIs and RTIs
- Unit 2 : Insertion and Removal of IUCDs
- Unit 3 : Management of Abortion and Counselling
- Unit 4 : Adolescent Counselling

Block 6 : Newborn and Child Health Skills

- Unit 1 : Newborn Resuscitation
- Unit 2 : Assessment of Newborn
- Unit 3 : Kangaroo Mother Care
- Unit 4 : Infant and Young Child Feeding and Counseling
- Unit 5 : Promoting and Monitoring Growth and Development and Plotting of Growth Chart
- Unit 6 : Immunisation and Safe Injection Practices
- Unit 7 : Use of Equipments