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## **Appendix-II**

**Bridge Programme Certificate Course in Community Health  
(BPCCHN)  
Directorate of Lifelong Learning  
University of Kashmir**

**[Details of Course Structure]**

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### 13. DETAILS OF COURSE STRUCTURE

**Course Code: BNS – 041**

**Title of the Course : Foundations of Community Health**

	<b>Theory</b>
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



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## 14. LIST OF KEY ACTIVITIES TO BE COVERED UNDER PRACTICALS

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- 1) **Chronic Communicable Diseases**
  - a) Diagnosis, treatment plan, follow-up diagnostics and management of TB, HIV, Leprosy, Malaria, Kala-azar, Filariasis and other Vector-borne diseases
  - b) Use of Rapid Diagnostic Testing Kit and Lab testing for common vector-borne diseases
- 2) **Management of Common Non-Communicable Diseases**
  - a) Hypertension-screening-use of sphygmomanometer, Screening of NCD
  - b) Diabetes mellitus-screening and diagnostic test (glucometer/IV blood test-fasting and PP)
  - c) Cancers - Cervical, Breast, Oral-Screening
  - d) Silicosis, Fluorosis-screening and follow up care
  - e) Chronic Obstructive Pulmonary Disease (COPD), and Asthma-screening,
  - f) Epilepsy- screening early management and follow up care
- 3) **Management of Mental Illness**
  - a) Detection and referral of mental illness, follow up medication
  - b) Counseling/support
  - c) Management of violence related concerns
- 4) **Dental Care**
  - a) Dental hygiene - screening for gingivitis, dental caries, oral cancers
  - b) Treatment for glossitis, candidiasis (look for underlying disease), aphthous ulcers
- 5) **Geriatric Care**
  - a) Management of common geriatric ailments; counseling, supportive treatment,
  - b) Pain management and provision of palliative care
  - c) Identification of ADL care of assisted devices
- 6) **Eye Care and ENT**
  - a) Visual Inspection Activity (VIA) Screening for visual acuity, cataract and for Refractive Errors
  - b) Identification & Treatment of common eye problems-conjunctivitis; spring catarrh, xerophthalmia
  - c) First aid for minor injuries and referral
  - d) Management of common colds, ASOM, injuries, pharyngitis, laryngitis, rhinitis, URI, sinusitis
  - e) WAX identification and care
  - f) Suspect and refer case of deafness
- 7) **Common Conditions and Emergencies**
  - a) Provision of first aid and stabilisation in emergency care
  - b) Primary care in cases of snake bites, scorpion stings, insect bites, dog bites
  - c) Stabilisation care in poisonings
  - d) Stabilisation in case of drowning
  - e) Minor injury, abscess management
  - f) Stabilisation following trauma
  - g) Suturing of superficial wounds
  - h) Basic Life Support

**8) Care in Pregnancy – Maternal Health**

- a) ANC checkups including Height, Weight measurement, recording blood pressure, Hb estimation, Measurement of fundal height etc. Urine, Sugar and Albumin
- b) Identification and referral of High Risk mothers
- c) Immunisation and Iron Folic Acid and Calcium supplementation of mothers
- d) Use of MCH cards
- e) Care during Medical abortions
- f) Normal Vaginal delivery including use of Partograph

**9) Neonatal and Infant Health (0 to 1 year of age)**

- a) Complete Immunisation (RI) and Vitamin A supplementation
- b) Monitoring and Assisting Village Health Nutrition Days (VHNDs); Social mobilisation,
- c) Home Based Newborn Care and Care of common newborn illnesses,
- d) Stabilisation and referral of severe cases
- e) Acute Gastro Enteritis with mild dehydration
- f) Pneumonia case management
- f) Asphyxia management and screening of newborns at delivery points
- g) Kangaroo mother care
- h) Use of equipment, e.g. Suction machine, oxygen administrator, ambu-bag, radiant warmer, phototherapy unit, etc.

**10) Child Health, Adolescent Health**

- a) Detection & treatment of Anaemia and other deficiencies in children and adolescents
- b) Screening of 4 D's including early detection of growth abnormalities, delays in development and disability
- c) Prompt management of ARI and fever
- d) Skin infections and acute Diarrhoeas
- e) Adolescent Health- counseling and referral
- f) Nutritional assessment (including growth chart) and referral as appropriate

**11) Reproductive Health and Contraceptive Services**

- a) Counseling for Family Planning and emergency contraceptives, Insertion of IUD
- b) Access to Spacing methods including IUCD
- c) Follow up care after abortion
- d) Syndromic treatment of RTIs
- e) Gender Based Violence – Identification and counseling information about Gender Resource centre at District level (linkage with Referral centre and legal support)

**12) Management of Common Illnesses**

- a) Identification and management of common fevers, ARIs, Diarrhoeas and skin infections
- b) Management of common aches, joint pains, common skin conditions, (rash/urticaria)
- c) Management of common gastrointestinal illnesses
- d) Management of common respiratory illnesses
- e) Management of common urinary illnesses