



STATE PARAMEDICAL SCIENCE FACULTY

Multi-Purpose Health Worker

Year I

| Objectives of the Course | | |
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| Multipurpose health worker plays an important role in government schemes. So the student taking the course also acts as an important resource in government aided schemes. In addition to this MPHW can take an overall medical care of an individual, family as well as community in an organization as well as community health centers. | | |
| Paper I : Primary Health Nursing and Care | | |
| Sr. No. | Topics | Hrs. |
| 1. | Concept of hospital and patient unit | 02 |
| 2. | Disease and Illness – Concept, classification and causation | 05 |
| 3. | Infection – Concept, classification, meaning and classification of micro-organism, spread, factors effecting growth | 05 |
| 4. | Immunity and Defense Mechanism of Body – Concept, hypersensitivity, types. Concept of vaccines, classification and storage | 10 |
| 5. | Immunization – Immunizations against various infections, vaccination methods, safety, and precautions. Community vaccination, special drives of government for immunization. | 10 |
| 6. | Specimen Collection – Principles, methods. Safe disposal of biological samples | 05 |
| 7. | Disinfection and Sterilization – Principles and methods of sepsis control, disinfection and sterilization. Equipment cleaning, disinfection and sterilization | 05 |
| 8. | Biomedical Waste Management – Principles, methods, concept of infectious and non- infectious waste | 05 |
| 9. | Communicable Diseases – Concept, common diseases. Epidemiology – Concept, incidence, prevalence, mortality and morbidity, prevention and control, surveillance, isolation (if required) and reporting. | 05 |
| 10. | Care of Communicable Diseases – Care, isolation methods, standard safety measures, and community education for | 05 |

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| | communicable diseases. | |
| 11. | Epidemics – Meaning, causes, enquiry in community, relief work and role of health worker. | 05 |
| 12. | Health Problems : Fever – Signs, types, causes, stages, management. | 05 |
| 13. | Health Problems : Respiratory – Types, causes, symptoms, treatment, management. | 10 |
| 14. | Health Problems : Digestive – Types, causes, symptoms, treatment, management. | 10 |
| 15. | Health Problems : Urinary – Signs, urine retention, edema, home care, management | 10 |
| 16. | Health Problems : Cardiovascular – Symptoms of cardiac conditions, heart attack, stroke, hypertension, home care, management | 10 |
| 17. | Health Problems : Nervous System – Signs and symptoms of neurological problems, care of patient, management | 10 |
| 18. | Health Problems : Metabolic – Diabetes care, diet complications, management, skin care, foot care, urine testing, insulin administration | 10 |
| 19. | Health Problems : Musculo Skeletal System – Sprain, tear of ligaments, arthritis symptoms, care of patient, management | 10 |
| 20. | Drugs – Different system of medicines, classification, forms and characteristics, terminologies. | 10 |
| 21. | Administration of Drugs – Policies, regulations, routes of administration (oral, parenteral, rectal and local), precautions and observation. Drugs in minor ailments Emergency Drugs – Common ED, precautions, storage, recording and observations | 15 |
| 22. | First Aid – Need, principles, kit, supplies, bandages (types and uses, methods) | 15 |
| 23. | Fractures – Types, causes, care and management | 10 |
| 24. | Life Threatening Conditions – Bleeding, drowning, strangulation, suffocation, loss of consciousness, strokes, convulsions, shock, allergies, poisoning and burns | 20 |
| Lab – Primary Health Nursing and Care | | |

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| 1. | Sterilization of syringes using pressure cooker or small autoclave |
| 2. | Techniques of vaccination and cold chain management |
| 3. | Urine testing for albumin and sugar |
| 4. | Catheterization |
| 5. | Plain water enema |
| 6. | Checking of BP and TPRs |
| 7. | Wound care |
| 8. | Splints, slings and bandages |
| 9. | Naso-gastric tube insertion |
| 10. | Administration of drugs through different routines |

Reference Books

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|----|---|---|---------------------|
| 1. | Community Health Nursing | K Madhav Naidu | genNext Publication |
| 2. | An Introduction to Community Health Nursing | Dr. Mrs. Kasturi Sundar Rao, Mrs. Chellarani VijayaKumari | BI Publications |

Paper II : Health, Growth and Development

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| 1. | Health, Growth and Development – Concept of health and its importance. Relation of health, growth and overall development. Terminologies related. | 05 |
| 2. | Development – Theories, stages. Physical and cognitive development. | 10 |
| 3. | Nutrition – Nutrition as a source of health and growth. Importance. Meaning of food. Relation of food with health and growth. | 05 |
| 4. | Constituents of Food – Water, protein, fat, carbohydrates, minerals and vitamins and their sources and functions | 10 |
| 5. | Constituents of Food – Daily requirements according to age, sex and occupation, metabolism, influence on health, growth and development. Deficiency and defects related and cure. | 20 |

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| 6. | Nutrition and Growth – Recommended intake of nutrients, energy, protein, mineral and vitamin requirements. Transition of nutrition and growth | 10 |
| 7. | Endocrinology of Growth – Growth hormone secretion, physiology of growth hormone. Assessment of healthy growth | 15 |
| 8. | Measurement of Growth – Context of measurement (screening, surveillance and monitoring), frequency of measurement. | 10 |
| 9. | Measurement – Stadiometer, anthropometer, circumferences (tape measure of head, arm, waist and hip), skinfolds (harpden, holtain, lange calipers), weight (digital weighing scales or beam balance) | 15 |
| 10. | Diet in special surgical or ill conditions and management of calorie. | 15 |

Reference Books

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|----|------------------------------|--|------------------|
| 1. | Human Growth and Development | Noel Cameron, Barry Bogin | Elsevier |
| 2. | Public Health Nutrition | Judith L. Buttriss, Ailsa A. Welch, John M. Kearney, Susan A. Lanham-New | Wiley Publishers |

Paper III : Anatomy & Physiology

| Sr. No. | Topics | Hrs. |
|---------|--|------|
| 1. | Terminology used in Anatomy – Names and location. Basic orientation and organization of human body from cell to organ system | 06 |
| 2. | Human Cells and Tissues – Muscle, blood, gland, bone, nerve, reproductive cells and tissues – Organization and their functions | 15 |
| 3. | Directional references of human body | 02 |
| 4. | Body Cavities – Dorsal and ventral | 02 |
| 5. | Skeletal System – Terminology, position, basic details. Joints – Terminology, types, structure | 20 |
| 6. | Integumentary System – Terminology, basics | 02 |
| 7. | Gastrointestinal System – Terminology, position, structure, parts and their functions. | 10 |

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| | Digestive process, absorption and defaecation. | |
| 8. | Respiratory System – Terminology, position, structure, parts and their functions, breathing mechanism. | 10 |
| 9. | Urinary System – Terminology, position, structure, parts and their functions, process of urine formation and voiding. | 10 |
| 10. | Male Reproductive System – Terminology, position, structure, parts and their functions | 05 |
| 11. | Female Reproductive System – Terminology, position, structure, parts and their functions, menstrual cycle. | 05 |
| 12. | Endocrine System – Terminology, position, structure, function and regulation of all hormones | 10 |
| 13. | Brain and Spinal Cord – Terminology, structure, functions | 05 |
| 14. | Blood – Terminology, composition, lymphatic details and clotting system. | 05 |
| 15. | Sensory Organs (eyes, ears, nose and tongue) – Terminology, functions. | 10 |
| 16. | Cardiovascular System – Terminology, structure. Vessels entering and leaving the heart. Arterial and venous tree. | 10 |
| 17. | Lymphatic System – Terminology, functions of WBCs, spleen, tonsils and lymph nodes | 05 |
| 18. | Immune System – Terminology, components, mechanism of defense | 05 |

Reference Books

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|----|--|---|-------------------------------|
| 1. | An Integrated Approach to Health Sciences | Colbert Bruce, Jeff Ankney, Joe Wilson, John Havrilla | Cengage Learning |
| 2. | Fundamentals of Anatomy and Physiology | Indu Khurana Et. Al. | Oxford University Press |
| 3. | Human Anatomy And Physiology For Courses In Nursing And Allied Health Sciences | N N Yalayyashwamy | CBS Publishers & Distributors |

Paper IV : Community and Physiology

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| 1. | Community Health – Concept, objectives, principles | 03 |
| 2. | Health planning and policies in India – Five year plans, CCH, FW, national health policies | 10 |
| 3. | Delivery of Community Health Services – Village sub center, urban sub center, hospitals, dispensaries etc. | 10 |
| 4. | Approaches of Community Health – Epidemiological approach, problem solving approach, evidence based approach | 20 |
| 5. | Environment and Sanitation – Determinants (air, water, light), ventilation, house sanitation, disposal of waste, ecosan system development within community and effects of noise and its reduction. Sanitation and its importance. Issues related to sanitation and environment. Sustainable, effective water management and filtration. | 30 |
| 6. | Personal hygiene, sustainable solution to WASH issues. Health and hygiene of newborn, children and women. | 15 |
| 7. | Communicable diseases – Bacterial and viral agents, hosts and carriers, effects and prevention Rodents and arthropods communication, effects and prevention Insect carriers and communication. Parasite Control, effects and prevention. | 30 |
| 8. | First Aid – Importance and rules. Concept of emergency, Transportation of injured. First aid concepts practice for burns, fractures, accidents, poisoning, drowning, hemorrhage, insect bite etc. | 20 |
| 9. | ORS, Breast Feed, Healthy Foods – Factors effecting growth and development, physical, social and psychological development of children. Nutritional requirements – Assessment, exclusive breast feeding, complimentary feeding, problems related, breast feeding counseling | 30 |

Reference Books

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| 1. | An Introduction to Community Health Nursing | Dr. Mrs. Kasturi Sundar Rao, Mrs. Chellarani VijayaKumari | BI Publications |
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| 2. | Community Health Nursing | K Madhav Naidu | genNext Publication |
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