



STATE PARAMEDICAL SCIENCE FACULTY

Multi-Purpose Health Worker

Year I

Objectives of the Course		
<p>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 MPHWS can take an overall medical care of an individual, family as well as community in an organization as well as community health centers.</p>		
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

	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		

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

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

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

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 (harpender, 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

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

	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		
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 Yalayyaswamy CBS Publishers & Distributors

Paper IV : Community and Physiology

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

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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