

BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH

SREE BALAJI COLLEGE OF NURSING

DEPARTMENT OF MEDICAL SURGICAL NURSING

VALUE ADDED COURSE SYLLABUS

2018-2019

COURSE DESCRIPTION ON HEALTH AND HYGIENE

25 HOURS

COURSE OBJECTIVES:

- Understand issues related to the present day healthcare system
- Acquire basic understanding of other healthcare systems
- Apply the principles of health administration, education and promotion of healthcare
- Analyze delivery of healthcare services, management, and human resources
- Understand principles of economics, marketing, planning and legal considerations within the healthcare system and organization
- Prepare for information processing and statistical analysis to generate data for the contextual needs of the healthcare planning
- Cultivate effective communication skills with adequate emphasis on the effective writing
- Impart medical expertise essential to assist medical treatment

I. Introduction to Health, and Hygiene (5 hour)

A. Socialization Activity

1. Self Introductions
2. Community Stories

B. Water Missions – International

1. What is Water Missions - Kenya and What Do They Do?
2. The Need for Health, Hygiene, and Sanitation Education in Water Missions International projects?
3. The “Living Water Message” to the Community

C. Overview of the Health, Hygiene, and Sanitation Program

1. Identification of Subsequent Health Problems within the Community
2. As a Team, Draw a Bird’s Eye View (a map) of Your Community

II. Qualities of Healthy Living (5 hours)

A. Health (1 hour)

(3)

1. Individual member's Understanding of Health:
2. Desired Definition of Health:
3. The broad definition of health as it pertains to an individual:
4. The Health Risks, especially to Water Borne Diseases, of the different categories of family members (small children, larger children, parents, and older or extended family members).
5. Communal activities that directly affect the health of individuals and groups.
 - a. Farming
 - i. Soil Erosion
 - ii. Fertilizers
 - iii. Herbicides
 - iv. Insecticides
 - b. Waste Disposal
 - i. Human Waste
 - ii. Animal Waste
 - iii. Household Waste
 - iv. Commercial and Industrial Waste

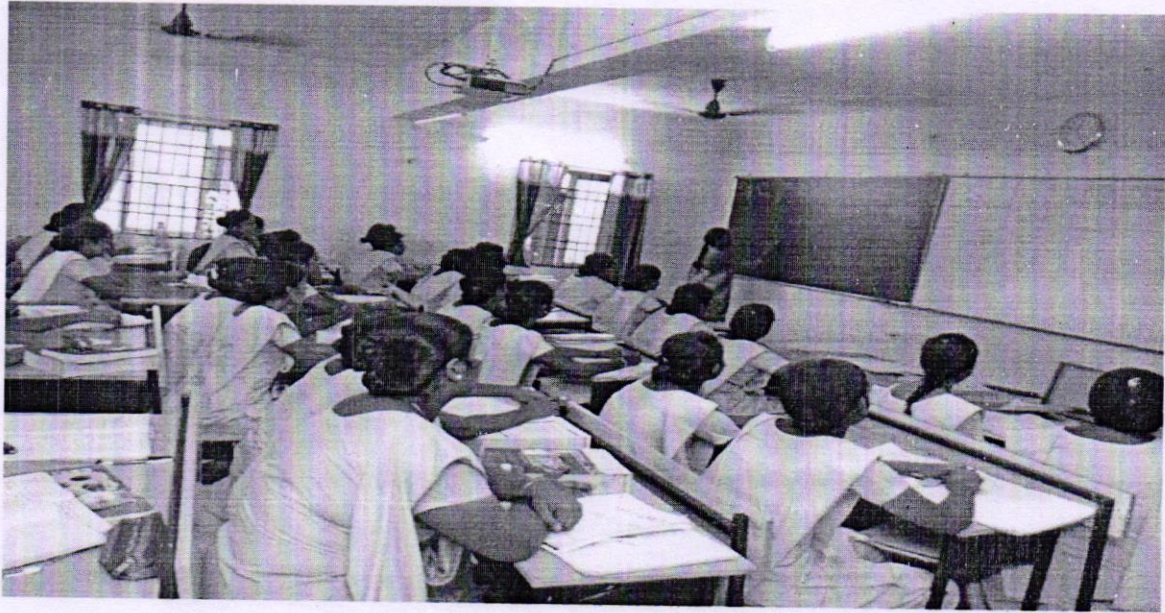
B. Hygiene (3 hour)

1. Individual Participant's Understanding of Hygiene:
2. Desired Definition of Hygiene.
(Hygiene refers to practices conducive to maintaining health and preventing diseases, especially through cleanliness.)
3. The broad definition of hygiene as it applies to an individual.
(Hygiene is the sum total of all the actions or inactions that effect the health of an individual.)
4. The Hygiene Practices of the different categories of family members (small children, larger children, parents, and older or extended family members) that negatively affects individual health.

III. Water (5 hours)

- A. Water Sources
 1. Rain Water
 2. Surface Water
 3. Ground Water
- B. The Water Cycle
- C. Uses of Water
- D. Water Storage Methods
- E. Water Contamination *(with "Water Contamination Routes" exercise)*
- F. Prevention of Water Contamination *(Blocking the Routes of Water Contamination" exercise)*
- G. Purification of Water.

- H. The Importance of Safe Water Usage
- IV. Waterborne Diseases: Causes, Transmission, Symptoms, Treatment & Prevention: (5 hours)
- A. Diseases Caused by Contaminated Water:
1. Typhoid
 2. Polio
 3. Diarrhea
 4. Dysentery
 5. Cholera
 6. Guinea Worm Disease
- B. Diseases Contracted by Parasites in Water:
1. Malaria
 2. Bilharzias / Schistosomiasis
 3. Skin and Eye Infection
 4. River Blindness
 5. Intestinal Worms
- V. Hygiene Behaviors that Affect Your Daily Life (5hours)
- A. Translating Awareness and Knowledge into Behaviors
1. "A Story With A Gap" (*Tell a story that relates to the student's daily practices, but which omits an important step that they should know.*)
 2. Discuss the story "with a gap." (*For the lesson plan...and how knowing something does not always result in exercising appropriate behaviors.*)
 3. Appropriate and Inappropriate Hygiene Behaviors
 4. Personal Hygiene
 - a. Hand Washing
 - b. Bathing
 - c. Washing (*tooth brushing to*)
 5. Disposal of Waste
 - a. Disposal of Human Feces
 - b. Disposal and Appropriate Uses of Animal Feces
 - c. Disposal of Household Trash and Garbage
 6. Water and Food Handling (The Good, The Bad, and The Ugly)
 - a. Water Sources and Protection of water sources
 - b. Water Collecting and food handling
- B. Water and food Storage



THE CLASS WAS TAKEN BY MRS.SASI KALA ON 22.2.2019, ABOUT WATER BORNE DISEASE FOR 5HOURS

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sree balaji college of nursing

DEPARTMENT OF MEDICAL SURGICAL NURSING**VALUE ADDED COURSE****CERTIFICATE COURSE ON HEALTH AND HYGIENE (2018-2019)****Students Name List**

S.No	Reg No	Name
1.	U17NR001	ABINA BABU
2.	U17NR002	ABINAYA E
3.	U17NR003	ABIRAMI R
4.	U17NR004	AIDA JOSEPH
5.	U17NR005	ANITHA A
6.	U17NR006	ANITHA M
7.	U17NR007	ANJU TREESA JOSEPH
8.	U17NR008	ANN MARY SANTHOSH
9.	U17NR009	ANNA SCARIA
10.	U17NR010	ANSU ALEX
11.	U17NR011	ANU ANNA JOSE
12.	U17NR012	ANU P SAJI
13.	U17NR013	ANUSHREE RAJEEV C P
14.	U17NR014	ARCHANA B S
15.	U17NR015	ASHLY S
16.	U17NR016	ASHWINI M
17.	U17NR017	ATCHAYA K
18.	U17NR018	ATHIRA ANIL
19.	U17NR019	AYANA BABU
20.	U17NR020	BALASOUNDARYA M
21.	U17NR021	BHARATHI B
22.	U17NR022	BHAVANI L
23.	U17NR023	DEEPIKA B
24.	U17NR024	DEEPIKA S
25.	U17NR025	DEEPIKA S
26.	U17NR026	DEEPIKA V
27.	U17NR027	ELIZABETH JACOB
28.	U17NR028	FEBA SAM
29.	U17NR029	HELEN JOSEPH
30.	U17NR030	JANNET ANN MATHEW
31.	U17NR031	JAYALALITHA V
32.	U17NR032	JINSA SARA BIJU
33.	U17NR033	JISS MARY JOLLY
34.	U17NR034	JOTHIKA G
35.	U17NR035	KALPANA R
36.	U17NR036	KAVIPRIYA V

37	U17NR037	KAVITHA P
38	U17NR038	KAVIYA P
39	U17NR039	KAVIYAPRIYA K
40	U17NR040	KEERTHANA S
41	U17NR041	KOWSALYA K
42	U17NR042	KOWSALYA M
43	U17NR043	LEELAVATHY R
44	U17NR044	LINTA BABU
45	U17NR045	LOVISHAL M
46	U17NR046	LUDHIYA ALIAS
47	U17NR047	MEENA S
48	U17NR048	MEENU BINOY
49	U17NR049	MEGHA V KURIAN
50	U17NR050	MOHANA PRIYAA M
51	U17NR051	MONISHA N
52	U17NR052	MUTHULAKSHMI G
53	U17NR053	NANDHINI V
54	U17NR054	NARMATHA R
55	U17NR055	NAVANEETHAM K
56	U17NR056	NIDHI ANNA NELSON

SCHOOL OF NURSING

**STUDENT FEEDBACK FORM FOR VALUE ADDED
COURSES(CERTIFICATE COURSE ON HEALTH AND
HYGIENE)**

DEPARTMENT OF
MEDICAL SURGICAL NURSING

Academic year: 2018 - 2019

Name of the value added course offered: Certificate Course on health and hygiene

Period of Batch: 14/02/2019 - 06/03/2019

Course - Co ordinator: B.E. MARGARET THATCHER

STUDENT FEEDBACK

Dear Student,

You are required to give your feedback on the following aspects. Please tick in the respective column.

S.No	Criteria	Rating				
		Excellent	Very good	Good	Fair	Satisfactory
1	Course content		✓			
2	Skill development	✓				
3	Motivation		✓			
4	Regularity and punctuality of teacher	✓				
5	Coverage of syllabus		✓			
6	Resource person interaction with students		✓			
7	Individual attention	✓				
8	Outcome	✓				
9	Competency of the course	✓				
10	Other suggestions		✓			

B.E. Margaret Thatcher
Course co-coordinator

Abina
Signature of the student

SCHOOL OF NURSING

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10	Other suggestions		✓			

E. Margaret Thatcher
Course co-coordinator

Ayobola
Signature of the student