

Health care skill course

Course	Course Code	Theory	Practical	Credits	Hours
Health care		0	2	2	30 h

Course Objectives:

The course is designed to provide students with practical demonstration and hands-on skills in emergency care, first aid, and healthcare practices. By the end of this course, students will be able to:

1. **Understand Emergency Care Fundamentals:** Recognize the significance of timely interventions in emergencies and master recording vital signs (pulse, temperature, respiratory rate, and blood pressure) for accurate patient assessment.
2. **Airway and Injury Management:** Gain practical skills in managing airway obstructions, bleeding control, wound care, and suturing methods. Learn about soft tissue injuries (burns, scalds) and bone and muscle injuries, along with the basics of First Aid Kit usage and injection techniques (IV, IM).
3. **Cardiac and Respiratory Emergencies:** Learn how to prevent and manage cardiac arrest and heart attacks, perform CPR on adults and children, operate and interpret 12-lead ECGs, and manage respiratory arrest and distress with oxygen therapy and nebulizers.
4. **Burns and Environmental Emergencies:** Demonstrate burn resuscitation and early management techniques. Understand the management of heatstroke and cold-related emergencies.
5. **Mental Health, Drug Abuse, and Infections:** Explore the role of yoga and meditation in mental health and drug abuse prevention. Understand and demonstrate methods to prevent hospital-acquired infections.
6. **Sterilization and Waste Management:** Acquire knowledge of waste management and sterilization techniques to maintain safety and hygiene during medical interventions.

Chapter 1: Basic First Aid and Emergency practices:

Introduction to Emergency care, Methods of recording the Vital signs (Pulse, temperature, respiratory rate and blood pressure), Basic anatomy and physiology of the airways, Management of Airway obstruction, Bleeding Control techniques, Wound care and dressing, suturing methods, First Aid Kit contents, Injection techniques (IV, IM and placing an IV line). Demonstration of Waste management and Sterilization techniques.

Chapter 2: Basic Health care techniques in diseases:

Cardiac arrest and Heart attack prevention and precaution, CPR in adults and children. How to operate and analyze 12 lead Ecg (electrocardiogram). X-ray interpretation. Respiratory arrest and distress, Oxygen therapy techniques, use of nebulizers, management of soft tissue injury (burns and scalds), management of bone and muscle injury, management of heat stroke and cold related

emergencies, Yoga and meditation in mental health and drug abuse, practical demonstration and analysis of various biochemical tests, Prevention and demonstration of Hospital acquired infections. Demonstration of Burn Resuscitation and Early Management.

Assessment and Evaluation:

- Quizzes and oral tests
- Practical skill assessment

Books:

- First Aid Manual by American Red cross
- Indian First Aid Manual by Indian Red cross
- Sanitization and Sterilization in hospitals by Dr. R. K. Sharma
- ECG for technicians by Dr, A.K.Gupta
- Text Book of Common Medical Emergencies By G.e Margareat Thatcher, T.Merlin Shiba, M.Latha
- Textbook of Procedures in Emergency Care Paperback – 31 December 2022by Dr. Vandana P. Patil Ms. Reshma R. Patil, Ms. Ashwini R. Patil, Ms. Renuka B. Dhakne (Author)
- Mental Health First Aid By Emma Hammett