

Importance of understanding the difficulties and needs of disabled persons. Communicating with Elderly Clients: Seniors may be slow, forgetful, temperamental and stubborn. Learn how to manage seniors by understanding their underlying medical problems and behavior and engaging them through effective communication methods.

## **5. Health & Personal Hygienic Care**

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

- Unit 1: Definition of Health (Physical & Mental) and Illness, Personal hygiene, Oral diseases & Dental hygiene, Differences between infectious and non-infectious diseases. Comfort Measures: Reassure/ comfort the patient, provide opportunity for rest/sleep, Support clients for daily activities (e.g. feeding, toilet, combing), Make occupied beds, Provide relaxation, Keep the patient in supine/ dorsal position, Keep the patient in prone position, Keep the patient in lateral position, Keep patient in lithotomic position, Apply Pressure relief measures to prevent bed sore, Make unoccupied beds, Apply comfort devices.
- Unit 2: Hygienic Care Services: Provide oral care, mouth care, hair care, nail care, eye care, Carry out skin care, nose/ ear care, genital area, back care, belongings (e.g. clothes, footwear), clothes, Support client for changing dresses, clothes, bathing/ washing, toileting, Ensure self-hygiene/care, Clean dishes/ utensils, Promote care practices, Maintaining personal hygiene, Environmental hygiene, Bed making Prevention of bed sores, Bed bath(sponge bath). Simple sterilization methods and prevention of cross infection, Positioning & transferring skills, Nutrition and feeding including preparation of simple therapeutic diet, Cleanliness, Regular bowel movement and urination, Assisting in exercise, rest and sleep Use of Aids & appliances.
- Unit 3: Monitoring Wellbeing: Taking & Recording pulse rate, blood pressure, respiration rate, body temperature, Make regular observation of patient, intake- output record etc.