<table>
<thead>
<tr>
<th>DAY</th>
<th>CORE TOPIC</th>
<th>SUB TOPIC</th>
<th>METHODOLOGY OF TEACHING</th>
<th>LEARNING OUTCOMES</th>
<th>ASSESSMENT METHOD</th>
<th>ACTIVITIES</th>
</tr>
</thead>
</table>
| 1   | ICE breaking               | 1. Games and exercises to create a relaxed and participatory learning environment.  
               2. Setting ground rules  
               3. Introduction about the project  
               4. Job specific professional grooming and attire | Games, lecture and group activities      | 1. Students will be able to get in to the course without any stress or difficulties  
               2. They will get an idea of what exactly is the course related to  
               3. They will come to know the professional grounds of this course | 1. Review collection from students  
               2. Group Discussion Assessment | 1. Group Discussion  
               2. Review of the geriatric care known to them before attending the course |
|     | Introduction to home care and entrepreneurship development | 1. Discuss and verbalize the role of Geriatric Care Providers  
               2. Discuss about possible settings in which the candidates to be placed  
               3. List positive feel and good factors for patient health | • Activities/conceptual games  
               • Brain storming sessions  
               • Power point presentations | Students will be able to learn the  
               1. Role of geriatric providers  
               2. Their job settings  
               3. Positive feel and good factors for patient health | 1. Review collection from students  
               2. Group Discussion Assessment | 1. Role plays and games  
               2. Review collection from students  
               3. Group Discussion Assessment |
|     | Human Anatomy and Physiology | 1. Brief description about human body  
               2. Type of movements, joints and functions | • Lecture and PPT | Students will be able to learn the  
               1. Anatomy physiology of human body details about the Musculo skeletal system | 1. Class test  
               2. Oral viva  
               3. Students presentation | 1. Group presentations  
               2. Review collection from students  
               3. Group Discussion Assessment |
<table>
<thead>
<tr>
<th>No</th>
<th>Hygiene Management of Patient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Bed Making</td>
</tr>
<tr>
<td>2.</td>
<td>Enlist types of linen and their use</td>
</tr>
<tr>
<td>3.</td>
<td>Enlist do's and don'ts in bed making</td>
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<tr>
<td>4.</td>
<td>Demonstrate the preparation of various types of bed making</td>
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<tr>
<td>5.</td>
<td>Demonstrate Bed making, Bed adjusting, Screen adjusting &amp; shifting techniques</td>
</tr>
<tr>
<td>6.</td>
<td>Body cleaning</td>
</tr>
<tr>
<td>7.</td>
<td>Usage and disposal of diapers</td>
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<td>8.</td>
<td>Chemicals and there usage in maintain hygiene</td>
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<tr>
<td>9.</td>
<td>Disposal of bio medical waste</td>
</tr>
<tr>
<td>10.</td>
<td>Usage of disinfectants</td>
</tr>
<tr>
<td>11.</td>
<td>Common hygienic factors to be followed at the house hold level for patient care</td>
</tr>
</tbody>
</table>

- guided practices
- stimulated role plays
- live demonstrations
- power point presentations,

Students will be able to learn the
1. Bedmaking procedure
2. Patients body cleaning
3. Maintaining personal hygiene techniques
4. Updated BMW rule and its practice
5. The usage of disinfectants to clean the patients unit
6. Common hygiene practices to be followed for a home cared patient

Practical Sessions
The internal assessment will be carried at the hospital wards and labs.

Practical demonstrations and role play
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Common ailments and diseases of aging</td>
<td>1. familiarize the common ailments and diseases of aging</td>
<td>Students will be able to learn the 1. Common disease conditions of old age and problems faced by oldage</td>
<td>Practical Sessions, The internal assessment will be carried at the practical demonstrations and role play</td>
</tr>
<tr>
<td>Understanding the drugs and prescriptions</td>
<td>1. Describe the key points of drug administration 2. Familiarization of various symbols used in the medicine prescription for dosage of medicine, time of drug administration etc 3. Familiarization of different hospital and lab reports</td>
<td>Students will be able to learn the 1. Drug administration techniques 2. Various symbols related to medicine administration, dose etc 3. Important lab values</td>
<td>Practical Sessions, The internal assessment will be carried at the hospital wards and labs. Practical demonstrations and role play</td>
</tr>
<tr>
<td>4</td>
<td>Common lifestyle monitoring equipment’s and its usage</td>
<td>1. Methods of assessment of vital signs, BMI and blood glucose level, BP 2. Discuss the Do’s and Don’t’s to be observed at the time of vital sign monitoring 3. Practicing oxygen administration and monitoring skills 4. Reading the monitors and understanding parameters</td>
<td>• guided practices • stimulated role plays • live demonstrations • power point presentations</td>
</tr>
<tr>
<td>5</td>
<td>Old age assistance equipment</td>
<td>1. Describe the common assistances equipment/devices 2. Identify the Protective devices and describe its usage</td>
<td>• Guided practice • Lecture • Demonstrations</td>
</tr>
<tr>
<td>6</td>
<td>Fall prevention</td>
<td>1. Define falls and its risk factors 2. Describe standards for prevention of patient fall 3. List protocol for prevention of patient’s fall 4. Describe methods and modifications to prevent falls at home</td>
<td>• Lecture • Demonstrations</td>
</tr>
<tr>
<td>7</td>
<td>Use of assistive devices for walking</td>
<td>1. Demonstrate the use of assistive devices</td>
<td>• Demonstrations</td>
</tr>
<tr>
<td><strong>Wound Dressing and disinfection</strong></td>
<td><strong>Infection control</strong></td>
<td><strong>Elimination</strong></td>
<td><strong>Oral administration of drugs and feeding</strong></td>
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</tbody>
</table>
| 1. Define First aid  
2. Recognize the different items included in the first aid kit  
3. Demonstrate skill in giving first aid to injured person  
4. Infection control  
5. Wound dressing  
6. Bed sore prevention and treatment – identifying bed sores, understand causes of bed sore, explain special care to prevent bed sore  
7. Demonstrate skill in applying different types of bandages. | 1. Define infection  
2. Recognize signs and symptoms of infection  
3. Demonstrate infection prevention practice  
4. Describe appropriate techniques for cleaning up spills  
5. Hand hygiene – how to perform hand washing | 1. Bed pan and urinal use for bedridden patient  
2. Care to patient with urine and bowel incontinence  
3. Examination of urine and stool | 1. Demonstrate oral administration of drugs normal and bed ridden patients  
2. Feeding through Ryle’s tube  
3. Diet and feeding practice |
| Students will be able to learn the  
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2. Different items included in the first aid kit  
3. Skill in giving first aid to injured person  
4. Infection control  
5. Wound dressing  
6. Bed sore prevention and treatment – identifying bed sores, understand causes of bed sore, explain special care to prevent bed sore  
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2. Feeding through Ryle’s tube  
3. Diet and feeding practice |
| **• Guided practice  
• Lecture  
• Demonstrations** | **• Guided practice  
• Lecture  
• Demonstrations** | **• Demonstration and lecture** | **• Guided practice  
• Lecture  
• Demonstrations  
• Video** |
<p>| The internal assessment will be carried at the hospital wards and labs. | The internal assessment will be carried at the hospital wards and labs. | The internal assessment will be carried at the hospital wards and labs. | The internal assessment will be carried at the hospital wards and labs. |
| Practical demonstrations and role play | Practical demonstrations and role play | Practical demonstrations and role play | Practical demonstrations and role play |</p>
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<tr>
<th>7</th>
<th>Catheter Care</th>
<th>1. Demonstrate catheter maintenance</th>
<th>Guided practice</th>
<th>Students will be able to learn the 1. Demonstrate catheter maintenance</th>
<th>The internal assessment will be carried at the hospital wards and labs.</th>
<th>Practical demonstrations and role play</th>
</tr>
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<tbody>
<tr>
<td>Enema</td>
<td>1. Describe the purpose and procedure of enema</td>
<td>PPT and guided practice</td>
<td>Students will be able to learn the 1. purpose and procedure of enema</td>
<td>The internal assessment will be carried at the hospital wards and labs.</td>
<td>Practical demonstrations and role play</td>
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</tr>
<tr>
<td>Soft Skill Training</td>
<td>Communication</td>
<td>Games</td>
<td>Students will be able to learn the 1. Improve their communication skill aligned with critical thinking and decision making</td>
<td>The assessment will be carried at the hospital wards and labs.</td>
<td>Practical demonstrations and role play</td>
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<tr>
<td></td>
<td>2. Critical thinking and decision making</td>
<td>Role plays</td>
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<tr>
<td>8</td>
<td>Handling emergencies</td>
<td>1. Describe the possible emergency situations to be handled and its management</td>
<td>Demonstration</td>
<td>Students will be able to learn the 1. The possible emergency situations to be handled and its management</td>
<td>The assessment will be carried at the hospital wards and labs.</td>
<td>Practical demonstrations and role play</td>
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<tr>
<td></td>
<td>2. Demonstrate the steps of adult CPR</td>
<td>Guided practice</td>
<td>2. steps of adult CPR</td>
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<tr>
<td>Pain and Palliative care</td>
<td>1. Develop a daily plan of care for the patients</td>
<td>Demonstration</td>
<td>Students will be able to learn to 1. Develop a daily plan of care for the patients</td>
<td>The assessment will be carried at the hospital wards and labs.</td>
<td>Practical demonstrations and role play</td>
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<td></td>
<td>2. Describe necessary arrangements to be made for the palliative care patients to ensure safety and comfort</td>
<td>Guided practice</td>
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<td></td>
<td>3. Learn care providers role in bedside assistance</td>
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<tr>
<td>Positions used to provide comfort</td>
<td>Describe various types of positions for patients comfort</td>
<td>Demonstration</td>
<td>Students will be able to learn the 1. various types of positions for patients comfort</td>
<td>The assessment will be carried at the hospital wards and labs.</td>
<td>Practical demonstrations and role play</td>
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<tr>
<td></td>
<td>Guided practice</td>
<td></td>
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</tbody>
</table>
| Special procedures | 1. Hot application  
2. Cold application  
3. Surgical incision care | • Demonstration  
• Guided practice | Students will be able to learn the  
1. Hot application  
2. Cold application  
3. Surgical incision care | The assessment will be carried at the hospital wards and labs. | Practical demonstrations and role play |
|------------------|---------------------------------------------------------------------------------|---------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------|
| Stress management | 1. Understanding stress signals  
2. Stress management techniques and games | • Role pays  
• Games | Students will be able to learn the  
1. Understanding stress signals  
2. Stress management techniques and games | The assessment will be carried at the hospital wards and labs. | Practical demonstrations and role play |
| Legal aspects of running Geriatric Care (ME Units) | 1. Statutory requirements  
2. Accounts and book keeping  
3. Costing and pricing of services  
4. Developing business plan  
5. Banking and funding procedures | Class by a Successful ME unit staffs, established after undergoing this course | Students will be able to learn the  
1. Statutory requirements  
2. Accounts and book keeping  
3. Costing and pricing of services  
4. Developing business plan  
5. Banking and funding procedures | general orientation training by micro enterprises consultant | |

Day 11-Day15: On the job trainings & Assessments

Training Schedules are done by HLF PPT & Ratheesh S, SAPM-ME Kudumbashree

Prepared By, Team HLF PPT (Hindustan Latex Family Planning Promotion Trust) & Team ME, Kudumbashree