

PUBLIC HEALTH AND EMERGENCY CARE ASSISTANT (PHEC)

Core Qualification File Syllabus

Sl.No	Subject	Hours		
1	Introductory Concept in health 32 (T-12 +P-20)	32		
	<p><u>Theory (12 hrs)-</u></p> <p>Definition of health according to WHO, Positive health, balanced diet, community health, Health data- vital statistics, infant, child, and maternal mortality rate</p> <p>Concept of disease, factors of disease causation, Concept of endemic, epidemic and pandemic with examples.</p>		12	
	<p><u>Practical (10 hrs) –</u></p> <p>Definition of health according to WHO, Positive health, balanced diet, community health, Health data- vital statistics, infant, child, and maternal mortality rate</p> <p>Concept of disease, factors of disease causation, Concept of endemic, epidemic and pandemic with examples.</p> <p><u>Project:10 hours</u></p> <p>Visit a nearby health centre, collect information for calculating any one of indicators of health (Infant mortality rate / Maternal mortality rate etc.) and make a report.</p>			20
2	Immunization 25 (T-10+P-15)	25		
	<p><u>Theory- 10 hours</u></p> <p>Concept of immunization.</p> <p>Importance of immunization</p> <p>Schedule of immunization for children and adults</p>		10	
	<p><u>Practical-5 hours</u></p> <p>Preparation of the proforma for maintaining the immunization chart of a child</p> <p><u>Project- 10 hours</u></p> <p>Visit to public health centre and submit a project report on storage of vaccine at immunization centre</p>			15
3.	Elementary idea of the skeletal system and joints 25 (T-10+P-15)	25		
	<p><u>Theory-10 hours</u></p> <p>Identification of all bones and joints of human body. Explain the functions of major bones and joints.</p>		10	
	<p><u>Practical- 15hours</u></p> <p>Identification and demonstration of the bones & joints of a human body.</p>			15
4.	Elementary idea on human circulatory system and pressure points 25 (T-10, P-15)	25		
	<p><u>Theory-10hours</u></p>		10	

	<p>Concept and functions of blood vessels, heart, and concept blood pressure. Concept pressure points of human body. Concept of different type blood cells, blood groups. Blood coagulation process, concept of clotting time and bleeding time, types of haemorrhage</p>			
	<p>Practical-15hours</p> <p>Demonstration of the bones & joints of a human body.</p> <p>Procedure to check the pressure points on human body</p> <p>Measurement of Blood pressure of a human subject and interpretation of results.</p> <p>Measurement of Bleeding time (BT) and Clotting time(CT) of a human subject and interpretation of results.</p>			15
5.	<p>Physical fitness and Health 10(T-5, P-5)</p>	10		
	<p>Theory- 5 hours</p> <p>Significance of physical fitness, different forms of exercise and their health benefits</p>		5	
	<p>Practical-5 hours</p> <p>Demonstration and identification of different types of aerobic exercises and yoga. Submit a project report on importance of yoga in healthy living.</p>			5
6	<p>First aid and emergency care 31(T-15, P-16)</p>	31		
	<p>Theory- 15hours</p> <p>Concept and objectives of first aid, First aid and emergency care during:</p> <p>a) Fracture, dislocation, and sprain b) Burns and scalds-types and degree of burns. c) Chemical, corrosive, and electric burn d) Bites and stings–Dog or jackal bite, Snake bite, Bee, or scorpion sting e) Special types of injuries –Crush injury, foreign body, electrocution f) Poisoning –different types g) Wounds h) Drowning</p>		15	
	<p>Practical-16hours</p> <p>Identification and demonstration of different types of bandages for wounds. Demonstration of first aid treatment to injuries like fracture, dislocation, sprain, burns, scalds, bites, stings, and special types of injuries like injuries caused by crushing, foreign body penetration, electrocution, poisoning, and drowning.</p> <p>Demonstrate the lifesaving actions in case of medical emergency like cardio-pulmonary resuscitation.</p>			16

7	Nursing and care of sick 20(T-10, P-10)	20		
	Theory- 10 hours Sick room requirements. Qualities and duties of health care provider to the patient. Prevention of infection and methods of disinfection.		10	
	Practical- 10 hours 1. Practical demonstration of room arrangement as per the necessities of a sick person Identification and Practical demonstration of the methods of disinfection for infections with physical agents and chemical agents.			10
	TOTAL hours	168	72	96

OUTCOMES

Outcomes to be assessed	Assessment criteria for the outcome
1. Explain the concept of health and factors affecting public health	1.1. Trainee will be able to identify the components of health (physical, mental, and social)
	1.2 Trainee will be able to explain the concept of well-being, positive health, and public health.
	1.3 Trainee will be able to identify the factors affecting community health (like environmental, dietary, social, political etc.)
	1.4 The trainee will be able to prepare a balanced diet chart for an adult person.
2. Determine vital statistics for infant, child, and mother	2.1 The trainee will be able to identify the various sources (govt. and private) of the vital statistics data.
	2.2 Trainee will be able to explain the indicators of health such as Infant Mortality Rate, Child Mortality Rate, Maternal Mortality Rate, Morbidity Rate.
	2.3 Trainees will be able to calculate the indicators of health like-Infant Mortality Rate, Child Mortality Rate, Maternal Mortality Rate, Morbidity Rate from a given sample / supplied information
	2.4 Trainees will be able to collect information from any community health center and determine any one indicator of health from the collected data thereby preparing a small project report.
3. Identify the factors of disease causation	3.1 Trainee will be able to explain, with example, different factors of disease causation like: i) Agent Factors (like biological, nutrient, physical, chemical, mechanical, and social agents); ii) Host Factors (demographic, biological, social, and economic characteristics and lifestyle factors) iii) Environmental Factors (physical, biological, psychological environment)
	3.2. The trainee will be able to differentiate among endemic, epidemic, and pandemic.
	3.3 Trainee will be able to identify each factor of disease causation from given set of examples.

4, List different types of vaccines under National Immunization Schedule for specific age group (infants, children, and adults).	4.1 Trainee will be able to explain meaning and importance of immunization and vaccines.
	4.2 The trainee will be able to explain the concept of herd immunity
	4.3 The trainee will be able to identify the different vaccines given under the National Immunization Schedule for infants and children
	4.4. The trainee should be able to mention the dose and duration of the vaccine given for infant and children.
	4.6 The trainee will be able to prepare a chart to maintain record of vaccination of a child under 5.
	4.7 the trainee will be able to explain the storage requirements for vaccines.
5. Identify the major bones, joints, blood vessels, pressure points of human body along with their functions	5.1. The trainee will be able to identify and classify parts of skeletal system with the aid of models/ chart.
	5.2. The trainee will be able to identify joints with the aid of models/ chart.
	5.3. The trainee will be able to explain the functions of different bones and joints of human body
	5.4. The trainee will be able to find out the relation between the bones and joints.
	5.5 The trainee will be able to recall the major blood vessels of human body and their functions with the aid of charts/ models.
	5.6 The trainee should be able to explain the various pressure points of human body with their importance.
6. Demonstrate measurement of blood pressure, measurement of clotting time & bleeding time	6.1. The trainee will be able to define blood pressure and its types.
	6.2. The trainee will be able to identify the normal blood pressure level and hypertensive blood pressure level.
	6.3. The trainee will be able to measure blood pressure using Sphygmomanometer.
	6.4. The trainee will be able to identify the different types of blood cells with their normal counts and functions in human body.
	6.5. The trainee will be able to explain the importance of blood grouping.
	6.6. The trainee will be able to classify the types of blood groups
	6.7. The trainee will be able to elaborate the mechanism blood coagulation process
	6.8. The trainee can define bleeding time and clotting time with difference between them along with normal bleeding time and clotting time for humans.
	6.9. The trainee will be able to measure BT and CT of a human subject
	6.10. The trainee can classify the different types of haemorrhage.
7. Demonstrate different forms of exercises with their health benefits	7.1 The trainee will be able to explain the importance of exercise for maintenance of health.
	7.2. The trainee will be able to elaborate the different forms exercises and their health benefits.
	7.3. The trainee will be able to explain the importance of Yoga in daily life.
	7.4. The trainee will be able to demonstrate different types of aerobic exercises and yoga.
8. Provide dressing and first aid for different types of	8.1 The trainee should be able define first aid with mentioning objectives of first aid.

physical wounds and injuries (like fracture, dislocation, sprain, burns, scalds, bites, stings etc.) and life supporting process like cardio-pulmonary resuscitation.	8.2	The trainee will be able to list the different types of dressings given to patients with physical wounds.
	8.3	The trainee can elaborate the necessity of dressing in primary first aid.
	8.4	The trainee will be able to identify different types of injuries such fracture, dislocation, sprain, burns, scalds, bites, and stings through pictures or charts or models or demonstrations.
	8.5	Trainee will be able to identify special types of injuries like injuries caused by crushing, foreign body penetration, electrocution through pictures or charts or models or demonstrations.
	8.6	The trainee will be able to identify the different types of fractures and joint dislocations.
	8.7	The trainee will be able to demonstrate the use of bandages and first aid treatment for any kind (neck, arm, shoulder, and leg)of fractures.
	8.8	The trainee will be able to demonstrate the use of bandages and first aid treatment for any kind of dislocation of neck, spine, shoulder, wrist, knee, and ankles.
	8.9	Trainee will be able to demonstrate the first aid treatment for muscle Sprain. The trainee will be able to identify the degrees of burn or scald injuries.
	8.10	The trainee will be able to demonstrate the first aid treatment of Burns and scald of whole body or parts of body.
	8.11	The trainee will be able to demonstrate the first aid treatment for Bites (dog, jackal, and Snake bite)such as and Stings(bee and scorpion.
	8.12	The trainee will be able recall the names of instruments used to remove the object from string injury.
	8.13	The trainee will be able to demonstrate the first aid treatment for special types of injuries due to electrocution, foreign body and crush injuries of different types.
	8.14	The trainee will be able to demonstrate the use of instruments used for first aid treatment of Injuries due to electrocution, The trainee will be able to identify the different kinds of poisoning.
	8.15	The trainee will be able to demonstrate the first aid treatment for poisoning before the doctor come for a person suffering from poisoning foreign body and crush .
	8.16	Trainee will be able to demonstrate the first aid treatment of drowning.
	8.17	The trainee will be able to explain the importance of cardio-pulmonary resuscitation .
	8.18	The trainee will be able to execute the cardio-pulmonary resuscitation as emergency lifesaving skills.
	9. Illustrate the need for sick room along with the composition of sick room	9.1.
9.2.		The trainee will be able to describe the composition of a sick room.

10. Explain the duties of health care provider to the patient	15.1. The trainee will be able to explain the job responsibilities of health care provider such as doctors, nurse, public health nutritionist, and health workers.
11. Explain the prevention of infection and methods of disinfection.	15.2. The trainee will be able to show in a chart the hierarchy of health care providers.
	16.1. The trainee will be able to define infection and disinfection and their types.
	16.2. The Trainee will be able to explain infection of different types and methods of disinfection such as natural agents, physical agents, and chemical agents.