**Unit Plan**

**General Nursing and Midwifery - 1st year**

**SUBJECT Fundamentals of Nursing**

**PERSONAL HYGIENE**

**Placement: First year**

**Theory - 20 Hours**

**Course description:**

This course is designed to help students acquire the concept of health, an understanding of the principles of personal health and its relation to nursing in health and disease.

**UNIT No:** I  **Hours: 3**

**UNIT TITLE:**  Introduction **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to gain understanding on the concept of health and its relation to

successful living.

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| concept of health | Define health and its concept | 1 | Lecture cum discussion | Classroom discussions | -OHP  -Text book | -Question & Answer  -Quiz |
| comprehend health and its relation to successful living | Health and its relation to successful living | 2 | Lecture cum discussion | Classroom discussions | -OHP  -Text book | -Question & Answer  -Quiz |

**UNIT No:** II  **Hours: 6**

**UNIT TITLE:**  Maintenance of Health **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to gain knowledge and understanding on determinants of health

and maintaining health in the society

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| List down the determinants of health | Determinants of health and the factors that controls these determinants | 2 | Lecture cum discussion | Classroom discussions | -OHP  -Text book  -LCD | -Question & Answer  -Quiz |
| Describe the good health habits | Ways of building good health habits | 1 | Lecture cum discussion | Classroom discussions | -OHP  -Text book | -Question & Answer  -Quiz |
| State the current immunization schedule and ways of correction of defects | * Immunization Schedule * Methods of correction of defects due to incorrect health habits | 2 | Lecture cum discussion | Classroom discussions | -OHP  -Text book | -Question & Answer  -Quiz  -Assignment: Submit an assessment of an client and the health habits (Good/Bad) and methods employed by the student to correct the attitude |
| Maintain the health records | Maintenance of health records | 1 | Lecture cum discussion | -Classroom discussions  -Practice on maintaining health records | -OHP  -Text book | -Question & Answer  -Quiz  - Assignment: maintain the local health record as in a PHC/Sub Centre |

**UNIT No:** III  **Hours: 4**

**UNIT TITLE:**  Physical Health **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to gain knowledge and understanding on maintenance of Physical

Health

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| Understand the importance and maintenance of personal hygiene in a client in illness as well as in a healthy client | Care of skin, hair, teeth, eyes, ears, hand and feet in illness and in healthy client | 2 | Lecture cum discussion | * Structured discussions * Demonstration in care of skin, hair, teeth, eyes, ears, hand and feet | -OHP  -Text book  -articles as needed | -Question & Answer  -Quiz  -return demonstration |
| Comprehend the need for rest and activity in maintaining health | * Rest and sleep * exercise * activity * recreation | 2 | Lecture cum discussion | * Structured discussions | -OHP  -Text book | -Question & Answer  -Quiz |
| Describe the importance in maintenance of posture and good nutrition | * posture * nutrition | 1 | Lecture cum discussion | * Structured discussions * Demonstration of correct maintenance of posture | -OHP  -Text book  -articles as needed | -Question & Answer  -Quiz  - return demonstration |
| Describe the importance of elimination and maintenance of personal hygiene | * Elimination * menstrual hygiene | 1 | Lecture cum discussion | * Structured discussions | -OHP  -Text book | -Question & Answer  -Quiz |

**UNIT No:** IV **Hours: 7**

**UNIT TITLE:**  Mental Health **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to gain knowledge and understanding on maintenance of Physical

Health

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| Describe the characteristics of mentally healthy person | characteristics of mentally healthy person and the factors affecting them | 2 | Lecture cum discussion | * Structured discussions | -OHP  -Text book | -Question & Answer  -Quiz |
| Describe the factors affecting and the need in maintaining of mental hygiene during the intrauterine period and infancy | Mental Hygiene in intrauterine period and infancy and the factors affecting them | 1 | Lecture cum discussion | * Structured discussions | -OHP  -Text book  -LCD | -Question & Answer  -Quiz |
| Describe the factors affecting and the need in maintaining of mental hygiene during the childhood | Mental Hygiene in childhood and the factors affecting them | 1 | Lecture cum discussion | * Structured discussions | -OHP  -Text book  -LCD | -Question & Answer  -Quiz |
| Describe the factors affecting and the need in maintaining of mental hygiene during the adolescence | Mental Hygiene in adolescence and the factors affecting them | 1 | Lecture cum discussion | * Structured discussions | -OHP  -Text book  -LCD | -Question & Answer  -Quiz |
| Describe the factors affecting and the need in maintaining of mental hygiene during the adulthood | Mental Hygiene in adulthood and the factors affecting them | 1 | Lecture cum discussion | * Structured discussions | -OHP  -Text book  -LCD | -Question & Answer  -Quiz |
| Describe the factors affecting and the need in maintaining of mental hygiene during the old age. | Mental Hygiene in old age and the factors affecting them | 1 | Lecture cum discussion | * Structured discussions | -OHP  -Text book  -LCD | -Question & Answer  -Quiz |

**Books for Reference:**

1. **Potter & Perry - Basic Nursing**
2. **Jacob, Rekha-R & Tarachand - Clinical Nursing procedure**
3. **Sr. Nancy- Principles and practice of nursing, Vol-I**
4. **Sr. Nancy- Principles and practice of nursing, Vol-II**
5. **Annamma Jacob, Rekha R, Jadav Sonali Tarachand - Clinical Nursing procedure, The art of nursing practice**