

GUJARAT TECHNOLOGICAL UNIVERSITY

Diploma in Home Science

Semester: I

Subject Name: **First Aid & Home Nursing**

Subject Code: **310032**

Teaching Scheme				Evaluation Scheme		
Theory	Tutorial	Practical	Total	University Exam (Theory) (E)	Mid Sem Exam (Theory) (M)	Internal Assessment (I)
2	0	2	4	70	30	50

Rationale:

It is essential to have a basic knowledge of this subject for a student of Home Science. Specially, for a House Wife so that she can give instant treatment for minor injuries to the members of family.

Topic No.	Name of Topic	Lecture Hour	Practical Hour	Total Hour	% weightage
1.	First Aid	14	14	28	50
2.	First Aid Box	2	2	4	10
3.	Home Nursing	12	12	24	40
	Total	28	28	56	100

Objectives:

- To enable students to develop Basic skill in first aid.
- To enable the students to develop skill in Home Nursing.

Sr. No.	Course Content:
1.	FIRST AID: <ol style="list-style-type: none"> b. First Aid and its various aspects. c. Different types of first aid given for Mental & Physical <ol style="list-style-type: none"> i. Drowning - Respiration Method <ol style="list-style-type: none"> 1. Sylvester Method 2. Holger Nelson Method 3. Schaffer Method 4. Rescue or Mouth to Mouth Breathing ii. Burns <ol style="list-style-type: none"> a. Sun Burns

	<ul style="list-style-type: none"> b. Metal Burns c. Electric Burns d. Barbecue <ul style="list-style-type: none"> iii. Shock <ul style="list-style-type: none"> 8 Electrical 9 Mental <ul style="list-style-type: none"> iv. Heart failure <ul style="list-style-type: none"> v. Accidents. <ul style="list-style-type: none"> 1. Wounds <ul style="list-style-type: none"> 1. Inclined 2. Lacerated 3. Punctured 4. Contused 2. Fractures <ul style="list-style-type: none"> a. Simple Fracture b. Complicated Fracture c. Compound Fracture d. Impact Fracture e. Green Stick Fracture <ul style="list-style-type: none"> vi. Poison <ul style="list-style-type: none"> a) Gas poison b) Swallowed poison c) Metallic Poison d) Injected poison e) Food poison f) Opium
2.	FIRST AID BOX: <ul style="list-style-type: none"> 2.1 Accessories 2.2 Common Medicines
3.	HOME NURSING: <ul style="list-style-type: none"> 3.1 Qualities of a good nurse. 3.2 Duties of Nurse <ul style="list-style-type: none"> 3.2.1 Psychology of different patients. 3.2.2 Bed making. 3.2.3 Sponging the patient in bad. 3.2.4 Keeping health record 3.2.5 Planning diet for the sick, balanced diet. 3.2.6 Common ailments and their home remedy.

Laboratory Experiences:

1. Pulse counting
2. Read temp measurement
3. Use of cold bag.
4. Use of hot water bag.
5. Use of Massager

6. Triangular bandage.
7. Roller bandage.
8. Bed making.
9. To prepare first aid tray.
10. Hospital visit
11. Enema
12. Blood pressure measurements

Term Work:

Prepare a file of laboratory experience.

References Books:

1.	Nursing and Health Education	S.R. Sharma	
2.	First Aid for every Hance		Akshr Prakashan G'nagar
3.	Aksmat ma prathmik sarvar		Honsn AeND jhonsn