

## Class X

### SYLLABUS OVERVIEW **SUBJECT: HEALTH CARE**

Teacher: Ma'am SC

Chapter No.	Name of the Chapter	Marks
<b>PT-I</b>		
1	HEALTHCARE DELIVERY SYSTEMS	10
3	STERILIZATION AND DISINFECTION.	5
<b>HALF YEARLY</b>		
2	INTRODUCTION TO CARE PLAN AND CARE OF PATIENTS.	5
5	HUMAN BODY: STRUCTURE, FUNCTIONS AND NUTRITION.	5
<b>PT-II</b>		
4	BASIC FIRST AID AND EMERGENCY MEDICAL RELIEF.	10
6	PUBLIC RELATIONS.	5
16	REVISION	

MONTH	NO. OF DAYS	NO. OF PERIODS	MAIN TOPICS AND SUB-TOPICS	ACTIVITIES/ PROJECTS/ PRACTICAL EXPERIMENT
APRIL – JUNE PERIODIC TEST – 1	46	8	<b>1.HEALTHCARE DELIVERY SYSTEMS</b> - Describe Healthcare Delivery Systems. - Describe the role of supporting departments in a hospital. - Classify Hospital. - Describe the role of and functions of General Duty Assistant/ Patient Care Assistant. - Understanding the qualities of a GDA/ PCA.  <b>3.STERILIZATION AND DISINFECTION.</b> - Describe the disease-causing micro- organisms, COVID19. - Describe the causal agents of common human diseases. - Understanding the roles of hospital personnel in prevention and control of Hospital Acquired Infection. - Disinfection of Wards and Equipment.	1.Presentation on role and functions of Patient Care Assistant. 2.Prepare a chart showing the chain of command in various departments. 3.classify hospital. 4.Enlist the qualities of a good General Duty Assistant.          1.Activity on Infection Control Challenge – A simulation and awareness campaign. 2.Discuss about common human diseases, their sources and causal agents. 2.Study various methods of sterilization and Disinfection.

JULY- SEPTEMBER HALF – YEARLY	52	12	<b>2.INTRODUCTION TO CARE PLAN AND CARE OF PATIENTS.</b> <ul style="list-style-type: none"> <li>- Describe the role of General Duty Assistant/Patient Care Assistant in Care Plan.</li> <li>- Feeding a Patient.</li> <li>- Identify Vital Signs.</li> <li>- Make Bed for Patient.</li> <li>- Demonstrate Patient Positioning.</li> </ul> <b>5.HUMAN BODY: STRUCTURE, FUNCTIONS AND NUTRITION.</b> <ul style="list-style-type: none"> <li>- Identify the parts of human body.</li> <li>- Describe the role of nutrition in the growth and development of human body.</li> </ul>	1.Visit to Hospital and make Care Plan. 2.Prepare a diet chart for feeding a patient. 3.Plan for checking vital signs of Staffs of our school. 4.Learn Steps of Bed Making. 5.Learn Positioning of Patients.  1.Prepare nutrition plan for patient using the suggested food sources that contain required vitamins. 2.Study the anatomy and physiology of human body. 3.Prepare a balanced diet.
OCTOBER – DECEMBER PERIODIC TEST - II	43	8	<b>4.BASIC FIRST AID AND EMERGENCY MEDICAL RELIEF.</b> <ul style="list-style-type: none"> <li>- Describe Principles and rules of first aid.</li> <li>- Identify facilities, equipment and materials for first aid.</li> <li>- First aid for emergencies.</li> <li>- First aid in common emergencies.</li> </ul> <b>6.PUBLIC RELATIONS.</b> <ul style="list-style-type: none"> <li>- Describe the role and functions of Receptionist.</li> <li>- Responding to emergency calls.</li> <li>- Using Computers in maintaining Public Relations.</li> <li>- Dealing with patients &amp; attendants.</li> </ul>	1.Study first aid practice. 2.Prepare a first aid box. 3.Perform activities for measuring and controlling temperature. 4.Practice CPR on dummy.  1.Study the use of computer in maintaining files and records in hospital. 2.Observe the major and minor emergency and non-emergency services provided by the Hospital. 3.Observe health professional handling the patient's relative in an emergency situation.
JANUARY – FEBRUARY. YEARLY EXAM.	31	10	REVISION From Unit 1- 6	1.Conduct test both oral and written. Solve importance questions.