

**INDIRA GANDHI NATIONAL OPEN UNIVERSITY**

**REGIONAL CENTRE, NOIDA**

**COUNSELING SCHEDULE FOR ONLINE PRACTICAL CLASSES –JAN- JULY 2021 SESSION**

**LEARNER SUPPORT CENTRE**     Dharamshila Narayana Superspeciality Hospital- 29027P

**PROGRAMME NAME**             CHBHC

**SEMESTER/YEAR**                JAN- JULY 2021 SESSION

<b>COURSE CODE</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>
CHBHC	5/07/2021	Skill – 1 History taking skills	Pen notebook  Online collecting history from a classmate/ study centre provided person  A friend/ relative for history collection video shoot by self	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	
				4 hours for shooting video of self- doing history collection from others	2 pm – 6 pm	
<b>Course Code</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>
CHBHC	6/07/2021	Skill - 2 House Keeping Skills	Two bed sheets One bath towel One dummy / doll(if possible/ else a rolled	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	

			towel) Tissue paper Water – one glass Newspaper	4 hours for shooting video of self- doing spill management	2 pm – 6 pm	
<b>Course Code</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>
CHBHC	7/07/2021	Skill - 3 Skills Related to Personal Hygiene	<ul style="list-style-type: none"> <li>• One pair of sterile gloves of your size(if that is not available clean gloves can be used for practice)</li> <li>• Cotton balls minimum 6</li> <li>• Pair of tweezers if available</li> <li>• One glass water</li> <li>• One bath towel</li> <li>• Two bedsheets</li> </ul>	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	
				4 hours for shooting video of self- doing back care	2 pm – 6 pm	
<b>Course Code</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>
CHBHC	8/07/2021	Skill – 4 TPR Measurement of Vital	Thermometer – digital and mercury or	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh

		Signs - Temperature, Pulse and Respiration (TPR)	whichever is available. One white paper, scale and pen	2 hour return demonstration 4 hours for shooting video of self- doing TPR	12 pm – 2 pm 2 pm – 6 pm	
<b>Course Code</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>
CHBHC	9/07/2021	Skill - 5 Measurement of Blood Pressure	Digital / manual BP apparatus if available Stethoscope if available	2 hour interaction and discussion 2 hour return demonstration 4 hours for shooting video of self- doing blood pressure monitoring	10am – 12 pm 12 pm – 2 pm 2 pm – 6 pm	Mrs. Pragya Singh
<b>Course Code</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>
CHBHC	12/07/2021	Skill - 6 Giving positions with Use of comfort Devices	Minimum three pillows Two towel rolls Bed	2 hour interaction and discussion 2 hour return demonstration 4 hours for shooting video of self- demonstrating different positions using comfort devices available at home. Marking pressure points in each position on paper	10am – 12 pm 12 pm – 2 pm 2 pm – 6 pm	Mrs. Pragya Singh

Course Code	Date	Block	Items needed	Duration	Time	ACADEMIC COUNSELLOR'S NAME
CHBHC	13/07/2021	Skill - 7 Helping the Patient in Exercises	Nil	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	
				4 hours for shooting video of self-demonstrating active and passive exercises	2 pm – 6 pm	
Course Code	Date	Block	Items needed	Duration	Time	ACADEMIC COUNSELLOR'S NAME
CHBHC	14/07/2021	Skill - 8 Skills in Giving Medicines	Any common medicine strips available at home  Ointment / injections if available  Disposable syringe <ul style="list-style-type: none"> <li>• 5 cc (one )</li> <li>• Insulin (one )</li> </ul> One bottle gourd - lauki(vegetable )	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	
				4 hours for shooting video of self-demonstrating oral medication and injections	2 pm – 6 pm	
Course Code	Date	Block	Items needed	Duration	Time	ACADEMIC COUNSELLOR'S NAME
CHBHC	15/07/2021	Skill - 9 Skills Related to	Glucometer with strips (if available )	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh

		Collection and testing of Sample at Home		2 hour return demonstration	12 pm – 2 pm	
				4 hours for shooting video of self- about instructions for sample collection	2 pm – 6 pm	
<b>Course Code</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>
CHBHC	16/07/2021	Skill - 10 Skills Related to the Nutritional Needs	Water Sugar and salt for ORS preparation  Intake output chart on a white paper(format given on page 30 practical manual II)	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	
				Do a 24 hour intake output chart for self and submit.	2 pm – 6 pm	
<b>Course Code</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>
CHBHC	19/07/2021	Skill - 11 Skills Related to the Elimination Needs	Review page 20 and 21 – reproductive and urinary system from theory book 2	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	
				Watch videos on colostomy care and list out the complications to watch out for in a patient with colostomy	2 pm – 6 pm	
<b>Course Code</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>

CHBHC	20/07/2021	Skill - 12 Skills is Giving Inhalation	Any oxygenation devices available  Nebulizers/ steam inhalaors	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	
				Shoot video demonstrating any one device / steam inhalation at home (use cold water during shoot, to avoid burns)	2 pm – 6 pm	
<b>Course Code</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>
CHBHC	21/07/2021	Skill - 13 Skills in Dressing and Suction	Cotton balls  Bandage  Antiseptic liquid  Sterile gloves/ clean gloves (as per availability )	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	
				Watch videos on tracheostomy care and list out the complications to watch out for in a patient with tracheostomy.	2 pm – 6 pm	
<b>Course Code</b>	<b>Date</b>	<b>Block</b>	<b>Items needed</b>	<b>Duration</b>	<b>Time</b>	<b>ACADEMIC COUNSELLOR'S NAME</b>
CHBHC	22/07/2021	Skill - 14 Skills Related to Hot and Cold Application	Hot water bag (if available)  5 handkerchiefs  gauze bandage roll and scissors	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	
				Record health education for a patient with fever explaining	2 pm – 6 pm	

Course Code	Date	Block	Items needed	Duration	Time	ACADEMIC COUNSELLOR'S NAME
CHBHC	23/07/2021	Skill - 15 Assist the Patient in Ambulation	Ambulatory devices-crutches/ wheelchair if available	the use of cold application.		Mrs. Pragya Singh
				2 hour interaction and discussion	10am – 12 pm	
				2 hour return demonstration	12 pm – 2 pm	
				Watch videos on ambulation and record a video giving health education on crutch walking.	2 pm – 6 pm	
Course Code	Date	Block	Items needed	Duration	Time	ACADEMIC COUNSELLOR'S NAME
CHBHC	26/07/2021	Skill - 16 Educating and Assisting in Self Care	Nil	2 hour interaction and discussion	10am – 12 pm	Mrs. Pragya Singh
				2 hour return demonstration	12 pm – 2 pm	
				Watch videos on self care and record a video giving health education on self care during climate changes	2 pm – 6 pm	

Online practical exam will be tentatively scheduled between 27/07/2021 to 30/07/2021

**ONLINE PORTAL: ZOOM**

**MEETING ID: 8130333990**

**PASSWORD: chbhc2021**

Same meeting id and password would be used for all the classes, for student's convenience.

For technical support /difficulty joining students can contact: [sachin.singh01@narayanahealth.org](mailto:sachin.singh01@narayanahealth.org) or call on 8810245764

Signature of the Coordinator:

Mrs. Pragya Singh, PIC, DNSH