

Personal hygiene

Hrs.20

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.

General Objectives

Upon completion of this course, the students will be able to:

- Explain the concept of health and hygiene.
- Enumerate the principles of personal health.
- Demonstrate skills to apply these principles in effective nursing care of the patients/clients as well as in her own healthy living.

Course Content

Unit-I Introduction

- Concept of health and its relation to successful living.

Unit-II Maintenance of health

- Determinants of health building of good health habits, immunization, correction of defects, maintenance of health records.

Unit-III Physical Health

- Care of skin, hair, teeth, eyes, ears, hands and feet, Rest and sleep, exercise, activity, recreation, posture, nutrition. Elimination, menstrual hygiene.

Unit-IV Mental Health

- Characteristics of mentally healthy person.
- Mental hygiene in intrauterine, infancy, childhood, adolescence, adulthood and old age.