

FIRST YEAR T.D.C. ARTS
HOME SCIENCE

Practical – I

First Aid and Home Nursing

Max. M. 25

First Aid:

1. Aims, Scope and Rules of First Aid.
2. Household measures or First Aid in common accidents:
 - (A) Burns and Scalds
 - (B) Wounds and Haemorrhages (External)
 - (C) Sprains, Fractures and Dislocations
 - (D) Common Poisoning
 - (E) Dog bite
 - (F) Simple Unconsciousness
 - (G) Epilepsy
 - (H) Foreign bodies in the Eye, Ear, Nose and Throat
 - (I) Heat stroke
 - (J) Gas leakage
3. Techniques of Artificial Respiration
4. First Aid Box

Home Nursing:

1. Room for the sick: Bed making for Non confined and confined to Bed patient.
2. Essential items for the sick room: Bedpan, Urinal, Hot water bottle, Ice-cap, Back rest, Air ring, Eye glass, Spittoon, Measuring glass, Feeding cup, Thermometer and Disposable Enema.
3. Demonstration of B.P. instrument, Catheter; Glucometer and Inhaler.

4. Basic knowledge about the following:
- (A) Measurement and Recording of Temperature and Pulse rate.
- (B) Application of Triangular, Roller Bandages and Readymade bandage.

Distribution of Marks:

1. Internal Assessment (Sessional)	
Files and First-Aid Box	08 (3+5)
2. Home Nursing:	
(a) Bed Making	03
(b) Bandaging	03
(c) Spotting	03
3. Viva-Voce on First-aid	08
Total	25

References:

1. First Aid St. John's Ambulance Association. I Red Cross Road.
2. Home Nursing St. John's Ambulance Association.
3. Where there is no doctor. Vahi Publication.
4. प्राथमिक चिकित्सा एवं गृह परिचर्या – डॉ. मनोरमा वैद ।