

HEALTH CARE

CLASS – X

Total Marks: 100 (Theory-50 + Practical-50)

	UNITS	NO. OF HOURS for Theory and Practical 220	MAX. MARKS for Theory and Practical 100
Part A	Employability Skills		
	Unit 1: Communication Skills-II*	13	-
	Unit 2: Self-Management Skills-II	07	3
	Unit 3: ICT Skills-II	13	3
	Unit 4: Entrepreneurial Skills-II	10	4
	Unit 5: Green Skills-II*	07	-
	Total	50	10
Part B	Subject Specific Skills		
	Unit 1: Hospital Structure and functions	25	10
	Unit 2: Introduction to care plan and care of Patients	20	05
	Unit 3: Sterilization and Disinfection	20	05
	Unit 4: Basic first aid and emergency medical relief	25	10
	Unit 5: Structure Functions and Nutrition	10	05
	Unit 6: Public Relations in hospital	10	05
	Total	110	40
Part C	Practical Work		
	Project	60	10
	Viva		05
	Practical File		15
	Demonstration of skill competency via Lab Activities		20
	Total	60	50
	GRAND TOTAL	220	100

Note: * marked units are to be assessed through Internal Assessment/ Student Activities. They are not to be assessed in Theory Exams

DETAILED CURRICULUM/TOPICS:X

Part-A: EMPLOYABILITY SKILLS

S. No.	Units	Duration in Hours
1.	Unit 1: Communication Skills-II*	13
2.	Unit 2: Self-management Skills-II	07
3.	Unit 3: Information and Communication Technology Skills-II	13
4.	Unit 4: Entrepreneurial Skills-II	10
5.	Unit 5: Green Skills-II*	07
	TOTAL DURATION	50

NOTE: * marked units are to be assessed through Internal Assessment/ Student Activities.
They are not to be assessed in Theory Exams

Detailed Curriculum/ Topics to be covered under Part A: Employability Skills can be downloaded from CBSE website.

Part-B – SUBJECT SPECIFIC SKILLS

S. No.	Units	Duration in Hours
1.	Unit 1: Hospital Structure and functions	25
2.	Unit 2: Introduction to care plan and care of Patients	20
3.	Unit 3: Sterilization and Disinfection	20
4.	Unit 4: Basic first aid and emergency medical relief	25
5.	Unit 5: Structure Functions and Nutrition	10
6.	Unit 6: Public Relations in hospital	10
	TOTAL DURATION	110

UNIT	SUB-UNIT	SESSION/ ACTIVITY/ PRACTICAL
1. Hospital Structure and functions	1.1 Describe Healthcare Delivery Systems	Session: Roles and function of hospitals.
		Activity: Prepare a chart depicting the roles and functions of the various departments, professionals and supportive staff of the hospital.
	1.2 Describe the Role of Supporting Departments in a Hospital	Session: The Role and function of various supporting department in the Hospital.
		Activity: Prepare a chart showing the chain of commands in various departments.
	1.3 Classify Hospitals	Session: Understanding the classification of hospitals <ul style="list-style-type: none"> • State the criteria used for classify the hospitals. • Describe the different levels of medical care. Activity: Internet search on hospitals and classify them on the basis of bed strength, specialty and level of medical care.
1.4 Describe the Role of and Function of General Duty Assistant/ Patient Care Assistant	Session: <ul style="list-style-type: none"> • Understanding the Roles and functions of General Duty Assistant. • Understanding the various activities/ tasks that should be performed by GDA to effectively discharge his/ her duties and responsibilities in hospital. Activity : Draw a diagram depicting the roles and functions of GDA.	
1.5 Understanding the Qualities of a General Duty -Assistant/ Patient Care Assistant	Session: <ul style="list-style-type: none"> • Qualities of a Good General Duty Assistant. • Assistant in the hospital 	
2. Introduction to care plan and care of Patients	2.1 Describe the Role of General Duty Assistant/Patient Care Assistant in Care Plan	Session: Understanding the Role of General Duty Assistant in preparation and implementation of Care Plan.
	2.2 Feeding a Patient	Balance will be part of theory question Types of Diets Served in Hospital Session: <ul style="list-style-type: none"> • Describing the characteristics of a healthy person. • Describing the various types of diets and their importance with regard to nutrition. Activity: Prepare a diet chart for feeding a patient.
	2.3 Identify Vital Signs	Balance will be part of theory question Preparations for taking temperature Session: <ul style="list-style-type: none"> • Listing the important vital signs of the body • Describing the abnormal vital signs. Practical: <ul style="list-style-type: none"> • Performing the procedures and recording being done for vital signs like Temperature, Pulse • Measuring the blood pressure, heart rate, temperature and BMI and respiratory rate.

	2.4 Make Bed for Patient	Practical/ Demonstration: Preparing Bed for Patients <ul style="list-style-type: none"> • Understanding the features and importance of various types of bed in a hospital. • Describing the various steps of bed making. • Understanding the role and function of General Duty Assistant in bed making.
	2.5 Demonstrate Patient Positioning*	Practical/ Demonstration: <ul style="list-style-type: none"> • Prepare a chart of the various position in which patients are placed on the bed. • Enlisting various position of patients • Describing therapeutic position. • Describing the importance of Fowler's position
3. Sterilization and Disinfection	3.1 Describe the Disease Causing Microorganisms, COVID-19	Session: <ul style="list-style-type: none"> • What is disease? • What is the process of infection due to microbes? • What is pathogen? • What are the three vertices of the epidemiological triangle? • Differentiation between different types of microorganisms. Activity: Prepare a chart about the common causes of diseases.
	3.2 Describe the Causal Agents of Common Human Diseases	Session: <ul style="list-style-type: none"> • State the common diseases. • Enlisting the names of bacteria and viruses causing diseases in human. Activity: Preparing Charts about common human diseases, their source of infection and causal agents.
	3.3 Understanding the Role of Hospital Personnel in Prevention and Control of Hospital Acquired Infections	Session: <ul style="list-style-type: none"> • Describing the meaning of Hospital Acquired Infection (HAI) • Describing the activities to be performed by GDA for controlling. Activity: Prepare chart about the activities performed by various professional in prevention of microorganism or hospital acquired infection.

* To be assessed in Practical only. No question shall be asked from this portion in Theory Exams

UNIT	SUB-UNIT	SESSION/ ACTIVITY/ PRACTICAL
	3.4 Disinfection of Wards and Equipment	Balance will be part of theory question Sterilization, Common Methods of Disinfection in Hospital Session: • Stating the difference between antiseptic, sterilization and disinfectant. • Differentiating between the physical agents and chemical agents used in disinfection and sterilization. Activity: The students will prepare chart about the Common Methods of Disinfection in Hospital
4. Basic first aid and emergency medical relief	4.1 Describe Principles and Rules of First Aid	Session: Principles and Rules of First Aid.
	4.2 Identify Facilities, Equipment and Materials for First Aid*	Balance will be part of theory Provision of the first aid and early transfer to nearest hospital Session: • Describe the facilities and materials used for administering First Aid. Practical: Preparation of First aid box.
	4.3 First Aid for Emergencies	Session: Role of First Aider in fever, heat stroke, back pain, asthma and food borne illness. Practical: Perform activities for measuring and controlling temperature
	4.4 First Aid in Common Emergencies*	Balance part will be of theory Taking Body Temperature Activity/ Project: Practice First Aid on a dummy with the help of a First Aider.
5. Structure Functions and Nutrition	5.1 Identify the Parts of Human Body	Session: • Describing the various terms of anatomy and physiology. • Describing functions of various tissues and bones in human body Activity: The students will identify the organs in human model shown to them.
	5.2 Describe the Role of Nutrition in the Growth and Development of Human Body	Session: • Describing the role of various nutrients and vitamins. • Describe the importance of a balanced diet. Activity: Preparing a balanced diet.

*** To be assessed in Practical only. No question shall be asked from this portion in Theory Exams**

UNIT	SUB-UNIT	SESSION/ ACTIVITY/ PRACTICAL
6. Public Relations in hospital	6.1 Describe the Role and Functions of Receptionist	Session: Understanding the role and functions of Receptionist.
	6.2 Responding to Emergency Calls	Session: Understanding the situation and responding in emergency calls.
	6.3 Using Computers in Maintaining Public Relations	Session: • Using computers in maintaining public relations.
		Activity: Project work based on the data entering in computer.
6.4 Dealing with Patients Attendants	Activity/Project: Performing the role play on handling the patient's relative to emergency situation.	

*** To be assessed in Practical only. No question shall be asked from this portion in Theory Exam**

PRACTICAL GUIDELINES FOR CLASS X

Assessment of performance:

The two internal examiners, assigned for the conduct and assessment of Practical Examinations each in **Secondary School Curriculum (Under NSQF)**. Question for the viva examinations should be conducted by both the examiners. Question to be more of General nature, project work or the curriculum. Investigatory Project especially those that show considerable amount of effort and originality, on the part of the student, should get suitable high marks, while project of a routine or stereotyped nature should only receive MEDIOCRE marks.

Procedure for Record of Marks in the Practical answer-books:

The examiner will indicate separately marks of practical examination on the title page of the answer-books under the following heads:-

Project -10 marks

Projects for the final practical is given below .Student may be assigned

Viva based on Project -05 marks

The teacher conducting the final practical examination may ask verbal questions related to the project, if any, done by the student. Alternatively, if no project has been assigned to the students, viva may be based on questions of practical nature from the field of subject as per the Curriculum

Practical File -15 Marks

Students to make a power point presentation / assignment / practical file / report. Instructor shall assign them any outlet to study the elements in retailing.

Suggested list of Practical –

1. The students will enlist the roles and functions of various departments, professionals and supportive staff of hospital in file.
2. Students will draw diagram depicting the roles and functions of GDA.
3. Students will assume them as Health Care Staff and prepare cards for them by denoting the good qualities they should possess as GDA.
4. As health care provider the students will prepare diet chart for patients with different conditions like diabetes, pregnancy, anaemia, elderly etc.
5. The students will measure the blood pressure, heart rate, temperature and BMI of volunteers in school.
6. The students will prepare bed for patients.
7. As health care provider the students will place different volunteers on bed as patients are placed on bed according to different situations.

8. The students will prepare Charts about common human diseases, their source of infection and causal agents to generate awareness among students and teachers
9. The students will use chemical disinfectants in medical room to ensure the reuse of glassware periodically.
10. Students will decorate the board about prevention of microorganisms to create awareness on World Health Day, 7th April.
11. Students will perform Airway Breathing Circulation on dummy
12. The students will enlist the methods of sterilization and disinfections, that can be followed in medical room, in their file.
13. The students will prepare their own first aid box.
14. The Students will practice First Aid on dummy.
15. The students will make working model of different body systems like Circulatory System, Respiratory System, Urinary System, Cardiovascular System etc.
16. Students will prepare balanced diet plan for all age group people like infants

Demonstration of skill competency in Lab Activities -20 marks

Guidelines for Project Preparation:

The final project work should encompass chapters on:

- a) Introduction,
- b) Identification of core and advance issues,
- c) Learning and understanding and
- d) Observation during the project period.