INDIRA GANDHI NATIONAL OPEN UNIVERSITY

REGIONAL CENTRE, Chennai

CONDENSED COUNSELING SCHEDULE FOR PRACTICAL SESSIONS – JULY 2023 SESSION

LEARNER SUPPORT CENTRE Madurai

PROGRAMME NAME CHBHC

SEMESTER/YEAR JULY 2023 SESSION

Session	Date	Block	Items needed	Duration	Time	ACADEMIC COUNSELLOR'S NAME
1	18/11/2023	Skill – 1 History taking skills	Pen notebook Collecting history from a classmate/ study centre provided person	1 hour interaction and discussion	10am – 11 am	Miss. Sangeetha
				1 hour return demonstration	11 am – 12 pm	
				2 hours for self- doing history collection from others	12 pm – 2 pm	
2	19/11/2023	Skill - 2 House Keeping Skills	Two bed sheets One bath towel One dummy / doll(if possible/ else a rolled towel) Tissue paper Water – one glass Newspaper	1 hour interaction and discussion	10am – 11 am	Miss. Gayathri
				1 hour return demonstration	11 am – 12 pm	
				2 hours for self- doing spill management	12 pm – 2 pm	
3	20/11/2023	Skill - 3 Skills Related to Personal Hygiene	• One pair of sterile gloves of your size(if that is not available clean gloves can be used for practice) • Cotton balls minimum 6 • Pair of tweezers if available	1 hour interaction and discussion	10am – 11 am	Miss. Sangeetha
				1 hour return demonstration	11 am – 12 pm	
				2 hours for self- doing back care	12 pm – 2 pm	

			• One glass water • One bath towel • Two bedsheets			
4	21/11/2023	Skill – 4 TPR Measurement of Vital Signs - Temperature, Pulse and Respiration (TPR)	Thermometer – digital and mercury or whichever is available. One white paper, scale and pen	1 hour interaction and discussion	10am – 11 am	Miss. Gayathri
				1 hour return demonstration	11 am – 12 pm	
				2 hours for self- doing TPR	12 pm – 2 pm	
5	22/11/2023	Skill - 5 Measurement of Blood Pressure	Digital / manual BP apparatus if available Stethoscope if available	1 hour interaction and discussion	10am – 11 am	Miss. Sangeetha
				1 hour return demonstration	11 am – 12 pm	
				2 hours for self- doing blood pressure monitoring	12 pm – 2 pm	
6	23/11/2023	Skill - 6 Giving positions with Use of comfort Devices	Minimum three pillows Two towel rolls Bed	1 hour interaction and discussion	10am – 11 am	Miss. Gayathri
				1 hour return demonstration	11 am – 12 pm	
				2 hours for self- demonstrating different positions using comfort devices available at home. Marking pressure points in each position on paper	12 pm – 2 pm	
7	24/11/2023	Skill - 7 Helping the Patient in Exercises	Nil	1 hour interaction and discussion	10am – 11 am	Miss. Sangeetha
				1 hour return demonstration	11 am – 12 pm	
				2 hours for self- demonstrating active and passive exercises	12 pm – 2 pm	
8	25/11/2023	Skill - 8 Skills in Giving Medicines	Any common medicine strips available at home	1 hour interaction and discussion	10am – 11 am	
				1 hour return demonstration	11 am – 12 pm	

			Ointment / injections(insulin) if available Disposable syringe • 5 cc (one) • Insulin (one) One bottle gourd - lauki(vegetable)/Orange for practicing insulin injection	2 hours self- demonstrating oral medication and injections	12 pm – 2 pm	Miss. Gayathri
9	26/11/2023	Skill - 9 Skills Related to Collection and testing of Sample at Home	Glucometer with strips (if available)	1 hour interaction and discussion	10am – 11 am	Miss. Sangeetha
				1 hour return demonstration	11 am – 12 pm	
				2 hours for self practice	12 pm – 2 pm	
10	27/11/2023	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)	1 hour interaction and discussion	10am – 11 am	Miss. Gayathri
				1 hour return demonstration	11 am – 12 pm	
				2 hours Do a 24 hour intake output chart for self and submit.	12 pm – 2 pm	
11	28/11/2023	Skill - 11 Skills Related to the Elimination Needs	Review page 20 and 21 – reproductive and urinary system from theory book 2	1 hour interaction and discussion	10am – 11 am	Miss. Sangeetha
				1 hour return demonstration	11 am – 12 pm	
				Watch videos on colostomy care and list out the complications to watch out for in a patient with colostomy	12 pm – 2 pm	
12	29/11/2023	Skill - 12 Skills is Giving Inhalation	Any oxygenation devices available Nebulizers/ steam inhalaors	1 hour interaction and discussion	10am – 11 am	Miss. Gayathri
				1 hour return demonstration	11 am – 12 pm	
				2 hours Nebulizers (if available)/steam inhalation at home	12 pm – 2 pm	

13	30/11/2023	Skill - 13 Skills in Dressing and Suction	Cotton balls Bandage Antiseptic liquid Sterile gloves/ clean gloves (as per availability)	1 hour interaction and discussion	10am – 11 am	Miss. Sangutha
				1 hour return demonstration	11 am – 12 pm	
				Watch videos on tracheostomy care and list out the complications to watch out for in a patient with tracheostomy.	12 pm – 2 pm	
14	01/12/2023	Skill - 14 Skills Related to Hot and Cold Application	Hot water bag (if available) 5 handkerchiefs gauze bandage roll and scissors	1 hour interaction and discussion	10am – 11 am	Miss. Gayathri
				1 hour return demonstration	11 am – 12 pm	
				Record health education for a patient with fever explaining the use of cold application.	12 pm – 2 pm	
15	02/12/2023	Skill - 15 Assist the Patient in Ambulation	Ambulatory devices- crutches/ wheelchair if available	1 hour interaction and discussion	10am – 11 am	Miss. Sangutha
				1 hour return demonstration	11 am – 12 pm	
				Watch videos on ambulation and record a video giving health education on crutch walking.	12 pm – 2 pm	
16	03/12/2023	Skill - 16 Educating and Assisting in Self Care	Nil	1 hour interaction and discussion	10am – 11 am	Miss. Gayathri.
				1 hour return demonstration	11 am – 12 pm	
				Watch videos on self-care and record a video giving health education on self care during climate changes	12 pm – 2 pm	

Total 16 sessions @ 4 hours per session by Academic Counsellor for demonstration and return demonstration by the student is mandatory. Student must do self practice of the procedures after learning from the Academic counsellor.

Sangutha. G

Signature of the Academic Counsellor/Mentor: