

# ST. STEPHENS COLLEGE OF NURSING

B.SC (Hons) Nursing 4<sup>th</sup> year

## Unit plan

NAME OF THE TEACHER: AKANSHA GAUTAM

TOTAL HOURS: 90 HOURS

UNIT V: ASSISTING INDIVIDUALS AND GROUPS TO PROMOTE AND MAINTAIN HEALTH

TOTAL HOURS OF UNIT: 15 HRS

TIME	LEARNING OBJECTIVES	CONTENT	TEACHING LEARNING ACTIVITY	METHODS OF EVALUATION
4 HOURS	To describe the assessment of self and family	<b>Assessments of self and family</b> <ul style="list-style-type: none"> <li>• Monitoring growth and development</li> <li>• Mile stones</li> <li>• Weight measurement</li> <li>• Social development</li> <li>• Temperature and blood pressure monitoring</li> <li>• Menstrual cycle</li> <li>• Breast self examination and testicular self examination</li> <li>• Warning signs of various diseases</li> <li>• Tests :urine test</li> </ul>	Lecture cum discussion, power point presentation and demonstration	Explain and demonstrate assessment of self family
2 HOURS	To explain the health services	<b>Seeking health services for</b> <ul style="list-style-type: none"> <li>• Routine check-ups</li> <li>• Immunization</li> <li>• Counselling</li> <li>• Diagnosis</li> <li>• Treatment</li> <li>• Follow-up</li> </ul>	Lecture cum discussion and power point presentation	Explain the health services
2 HOURS	To explain the health records	<ul style="list-style-type: none"> <li>• Maintenance of health records for self and family</li> <li>• Continue medical care and follow up in community for</li> </ul>	Lecture cum discussion and over head projectors	Explain the importance of health records

		<p>various disease and disabilities</p> <ul style="list-style-type: none"> <li>• Carryout therapeutic procedures as prescribed /required for self and family</li> </ul>		
2HOURS	To describe the methods of waste collection and disposal	<p>Waste management Collection and disposable of waste at home and community</p> <ul style="list-style-type: none"> <li>• Landfill</li> <li>• Incineration</li> <li>• Compaction</li> <li>• pyrolysis</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture cum discussion</li> <li>• Power point presentation</li> </ul>	Describe the methods of waste collection and disposal
3HOURS	To explain the social issues	<p>Sensitize and handle social issues affecting health and development for self and family</p> <ul style="list-style-type: none"> <li>• Women empowerment</li> <li>• Women and child abuse</li> <li>• Abuse of elders</li> <li>• Female foeticides</li> <li>• Commercial sex workers food adulteration</li> <li>• Substance abuse</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture cum discussion</li> <li>• Over head projector</li> </ul>	<p>Short note on</p> <ul style="list-style-type: none"> <li>• Women empowerment</li> <li>• Women and child abuse</li> <li>• Abuse of elders</li> <li>• Female foeticides</li> <li>• Commercial sex workers food adulteration</li> <li>• Substance abuse</li> </ul>
2HOURS	<p>Explain briefly about</p> <ul style="list-style-type: none"> <li>• Trauma service</li> <li>• Old age homes</li> <li>• orphanage</li> <li>• homes for physically and mentally challenged individual</li> </ul>	<p>Utilize community resources for self and family</p> <ul style="list-style-type: none"> <li>• Trauma service</li> <li>• Old age homes</li> <li>• orphanage</li> <li>• homes for physically and mentally challenged individual</li> </ul>	Lecture cum discussion , power point presentation and over head projectors	<p>Explain the</p> <ul style="list-style-type: none"> <li>• Trauma service</li> <li>• Old age homes</li> <li>• orphanage</li> <li>• homes for physically and mentally challenged individual</li> </ul>