

## **CERTIFICATE IN HOME BASED CARE PROVIDERS (CHBCP)**

Certificate programme for home based care providers is a 6 months programme of 14 credits (Theory 4 credits, practicals 10 credits) for 10<sup>th</sup> passed students. This programme has been developed to prepare a work force in the country with the skills required to look after elderly and people suffering from chronic progressive illnesses.

### **Objectives:**

- To prepare a work force in the country with the skills required to look after elderly and people suffering from chronic progressive illnesses (sickness).
- To provide care to people at home setting after discharge from tertiary care.
- To help the family members and patients to cope with the stress of care to their long term ailing relatives.
- To provide quality of life for the patient and the family members.

### **Target Group**

10<sup>th</sup> Passed.

### **Duration**

Minimum **six** months Maximum **two** years

### **Medium**

English

### **Total seats**

30 Students per Programme Study Centre

### **Proposed Programme Fee**

Rs. 1500/- per student

### **Programme Design**

The programme consists of 14 credits ( 4 credits in theory and 10 credits in practical) and has one Theory and one Practical course as given below:

#### **Programme design**

#### **Theory Course - Home Based Care (CNS - HC 001)**

#### **Block 1 : Basics of Home Based Care**

- Unit 1 : Introduction to Home Based Care
- Unit 2 : Communication and Interpersonal Relationship
- Unit 3 : Infection, Prevention and Control
- Unit 4 : First Aid at Home
- Unit 5 : Care of Elderly

#### **Block 2 : Health Conditions / Problems Requiring Home Based Care**

- Unit 1 : Introduction to Human Body Systems
- Unit 2 : Introduction to Health Conditions/ Problems  
Related to brain (Nervous System)
- Unit 3 : Introduction to Health Conditions / Problems  
Related to Digestive and Urinary Organs
- Unit 4 : Introduction to Health Conditions Related to  
Heart, Blood vessels and Lungs
- Unit 5 : Introduction to Health Condition / Problems  
Related to Bones, Joints, muscles and other  
conditions

**Block 3 : Components of Basic Care – I**

- Unit 1 : Hygienic Measure
- Unit 2 : Comfort and Safety Measures
- Unit 3 : Administration of Medicine
- Unit 4 : Dietary Management

**Block 4 : Components of Basic Care – II**

- Unit 1 : Supportive Care
- Unit 2 : Care of Dying Person
- Unit 3 : Monitoring and Follow Up

**Practical Course :Skill related to home based care (CNS - HCP 001)**

**Practical Manual – I**

- Skill 1 : History Taking skills
- Skill 2 : House keeping skills
- Skill 3 : Skill Related to Personal Hygiene
- Skill 4 : Measurement of Vital Signs - TPR
- Skill 5 : Measurement of Blood Pressure
- Skill 6 : Giving Positions with Use of Comfort  
Devices
- Skill 7 : Helping the Patient in Exercises
- Skill 8 : Skills in Giving Medicines

**Practical Manual – II**

- Skill 9 : Skills related to collection and testing of  
samples at home.
- Skill 10 : Skill Related to the Nutritional Needs
- Skill 11 : Skill Related to the Elimination Needs
- Skill 12 : Skills in Giving Inhalation
- Skill 13 : Skills in Dressing and Suction
- Skill 14 : Skill Related to Hot and Cold  
Application
- Skill 15 : Assist the Patient in Ambulation
- Skill 16 : Education to the Patient