

**COURSE TITLE: MICROBIOLOGY AND PRE AND POST NATAL CARE
& CLINICAL PRACTICE**

STUDY HOURS:	60+160	MARKS	
PAPER:	01	THEORY	120
Term :	4th	PRACTICAL:	30
		TIME :	03HRS

**COURSE CONTENTS STUDY HOURS
(Theory +Practical)**

A. MICROBIOLOGY

6+20

- A1 Definition of Microbiology
- A2 Importance of Microbiology for MCH Technician
- A3 Microscope and its use
- A4 Normal and useful Organisms
- A5 Type A6 Functions
- A7 Disease Causing Organisms, Bacteria, Viruses Fungi and Parasites
- A8 Factors affecting
- A9 Growth and Survival of Bacteria infection
- A10 Definition, Types of Infection
- A11 Primary , Secondary Infection and Re-infection
- A12 Sources of Infection
- A13 Modes of Transmission of Infection Control

B. FUNDAMENTAL OF BCD CARE

4+10

(BASIC BCD CARE PROCEDURES)

- B1 Introduction of bad care
- B2 Admission, Transfer And discharge of Patients form Hospital
- B3 Bed Bath Procedure
- B4 Purpose of Oral Hygiene
- B5 Use of Bed Pan

- B6 Definition of Bed Sore
 - B6.1 Cause of Bed Sore
 - B6.2 Site of Bed sore
 - B6.3 Stages of Bed Sore
 - B6.4 Prevention, Treatment and Complication
 - B6.5 Purpose of use of hot water bottle, and ice pack

C. Different Positions used in bed care

4+10

- C1 Recumbent, Semi recumbent
- C2 Prone, Upright and Dorsal
- C3 Lateral (Left & Right)
- C4 Knee Chest and Lithotomy Position

D. Pre diagnosis investigation, procedure and care **6+6**

- D1 Definition of Enema
- D2 Definition of Temperature, Pulse & Respiration
- D3 Blood pressure Taking
- D4 Purpose of collection of specimen
- D5 Testing of Urine for Sugar & Albumin.
- D6 Estimation of Haemoglobin.
- D7 Blood Examination.
- D8 Purpose of Catheterization.
- D9 Obstetrics and gynaecological Perineal Care.
- D10 Definition of sterilization

Principles and Methods

E. PUBLIC HEALTH PRACTICE AND ADMINISTRATION **6+16**

- E1 Definition of Public Health.
- E2 Concept of Public Health
- E3 Emergence of Public Health
- E4 Development of Public Health in Pakistan
- E5 Role of MCH Technician in community
- E6 Public Health Problems in Pakistan

F. Ante Natal Records **4+10**

- F1 Labour and Post Natal Records
- F2 Immunization Record
- F3 Growth and Development 'Record
- F4 Family Planning Record
- F5 World Food Programme
- F6 Family Record

Preparation and submission of reports on prescribed Proforma periodically as required

G. Family Planning and clinical practice **4+10**

- G1 Definition of family planning
- G2 Importance of Family Planning
- G3 Reasons of Hindrance in Family Planning Practice
- G4 The Present need of Family Planning in Pakistan
- G5 Government goals in Providing Family Planning Services

H. Various methods of contraceptives **4+10**

- H1 Physiological methods
- H2 Conventional methods
- H3 Clinical methods
- H4 Surgical methods

I. Definition of Infertility	4+10
I1 Causes and Types	
J. CHILD SURVIVAL and clinical practice	6+16
J1 Monitoring growth and development of the Child during:	
J2 Prenatal (Pregnancy)	
J3 Neo-Natal	
J4 (0-4 Weeks)	
J5 Infancy	
J6 (One Years)	
J7 Pre School	
J8 (1-5 weeks)	
J9 role of MCH Technician	
J10 Visitors in monitoring growth , development and reporting	
J11 Meeting Nutritional Needs of a Child	
J12 Breast Feeding, Weaning	
J13 Diet during Childhood	
J14 Monitoring Nutritional status	
J15 Role of MCH Technician	
K. E.P.I. in Pakistan and clinical practice	6+20
K1 Meaning of Immunization	
K2 Types of Vaccines	
K3 Method of Immunization	
K4 Storage of Vaccines	
K5 Cold chain	
K6 Schedule of Immunization	
K7 Vaccination session	
K8 Establishment of Vaccination	
K9 Sterilization of equipment	
K10 Education of mothers on Immunization activities	
K11 Screening of Children and recording the information	
K12 Preparation of Equipment and Vaccines	
K13 Administration of Vaccines	
K14 Follow up Activities	
K15 Disposal of Opened Vaccines	
K16 Record of used and destroyed vaccines	
K17 Submission of periodic reports	
L. Screening of high risk children with health problems and clinical practice	2+10
M. Common diseases/problems of infancy and childhood and clinical practice	4+12

RECOMMENDED BOOKS:

1. Public Health by Naveed and Sarwar
2. Community Medicine and Public Health by Muhammad Ilyas
3. Blueprints Clinical Cases in Obstetrics and Gynaecology by Aaron B. Caughey

REFERENCE BOOKS:

1. Community Medicine by Ilyas Ansari
2. Current Obstetric and Gynecology Diagnosis and Treatment by Alan H. Decherrney

**COURSE TITLE: POST NATAL DISEASES PREVENTION, TREATMENT,
SCHOOL HEATH SERVICES, PUBLIC HEALTH CARE
& CLINICAL PRACTICE**

STUDY HOURS:	60+160	THEORY	120
PAPER:	02	PRACTICAL:	30
TERM:	4th	TIME :	03HRS

A. Infections diseases and clinical practice **4+10**

B. Nutritional Deficiency Diseases and clinical practice **4+10**

C. Hygiene **2+8**

Definition of Hygiene Branches of Hygiene

D. Definition of environment **4+10**

D1 Composition of Air

D2 Definition of air

D3 Definition of Ventilation Systems of Ventilation

E. Water **4+10**

E1 Composition of water

E2 The sources of water

E3 Sources causing contamination of water

E4 Definition of pure water

E5 Disposal of Refuse

E6 Types of Refuse

E7 Disposal of Refuse.

E8 Definitions sullage conditions

E9 Definition of Swage

E10 Types of housing in urban and rural setting:

E11 Standard of Housing and public buildings

F. DOMESTIC HYGIENE and clinical practice **6+16**

F1 Hygienic House

F2 Cleaning of House

F3 Preper control of household pests:

F4 Regular Laundry

F5 Proper maintenance of Garden, Kitchen

F6 Prepare cleaning and vaccination of pets

F7 Rules for home management:

F8 Utilities

F9 Buying habits

F10 Budgeting

G. PERSONAL HYGIENE and clinical practice	2+8
G1 Definition of Personal Hygiene	
G2 Effect of social and emotional status of an individual on her/his personal hygiene	
H. EPIDEMIOLOGY AND COMMUNICABLE DISEASES and clinical practice	6+18
H1 Definition of Epidemiology and related commonly used terms	
H2 General Principles of prevention and control of infections diseases	
H3 Classification of important	
H4 Communicable diseases according to mode of transmission	
H5 Droplet Infection	
H6 By Contact	
H7 By Insect and animal vectors	
H8 By ingestion of contaminated food and water	
H9 By Sexual contact	
I. HEALTH EDUCATION PRINCIPLES, METHODS AND TECHNIQUE OF TEACHING and clinical practice	3+12
I1 Definition of health change in attitude by Health Education	
I2 Health status of a community	
I3 Method involved in Health Education	
J. SCHOOL HEALTH SERVICES and clinical practice	6+10
J1 Introduction of School health services	
J2 Functions of school health services	
J3 Structure of school health team	
J4 The role of doctor in school health services as the leader of the health team	
J5 School clinic setup	
J6 Physical	
J7 Examination of school children	
J8 Training of school	
J9 Teachers in Health education	
J10 Preparation of Health records of school children	
J11 Preparation of periodic reports	
K. STATISTICS, RECORD AND REPORTS and clinical practice	4+10
K1 Definition of Statistics	
K2 Definition of records	
K3 Definition of various health indicators	
K4 Purpose of reports	
K5 Writing of reports on Prescribed proforma	
L. PUBLIC HEALTH CARE, MANAGEMENT AND SUPERVISION And Clinical Practice	3+10
L1 Definition of supervision	
L2 Definition of Management	

- L3 Four functions of Management
- L4 Principles of Supervision
- L5 Cultural social problems
- L6 Knowledge & Skill of supervisor/ management
- L7 Decision making skills
- L8 Conflict Management
- L9 Purpose of Evaluation
- L10 Process and principle of giving feed back

**M. TRAINING OF INDEGENOUS DAIS AND TRADITIONAL BIRTH ATTENDENTS
and clinical practice 12+20**

- M1 Description of different parts of female reproductive organs
- M2 Stages of Fetus Development
- M3 Importance of Hand Washing
- M4 Signs of early pregnancy
- M5 Signs of later Pregnancy
- M6 Importance of nutrition during pregnancy
- M7 Disease associated with pregnancy
- M8 High risk factors during pregnancy:
- M9 Height of Uterus during various stages of pregnancy
- M10 List of Articles, in Dais kit
- M11 Importance of Sterilization for clean delivery
- M12 Signs of labour and care during labour
- M13 Precaution for cleaning babies mouth, nose, eyes and cutting of cord
- M14 Care of the Premature Baby
- M15 Care during expulsion of placenta
- M16 Importance of Post Natal visit and birth registration watch
- M17 Diet for Nursing Mothers
- M18 Diarrhea and its treatment
- M19 Signs of Acute Respiratory Infections (A.R.I.)

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