

KHYBER PAKHTUNKHWA MEDICAL FACULTY PESHAWAR

CURRICULUM

3rd Semester

DIPLOMA COURSE

PRIMARY HEALTH CARE

(P.H.C)

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PART-1

Philosophy of Primary Health Care (PHC)

Objectives:

- To understand the holistic concept of Health
- To understand the Philosophy of PHC as an approach towards achieving the target of Health for all through General Social Development

Contents:

- Definition of Health
- Relation between Social Problems & Physical & Mental Health
- PHC
 - Concept of Primary Health Care (PHC)
 - Health for all by the year 2000
 - Alma Ala Declaration
- Definition of PHC

Teaching/Learning Strategies:

- Brainstorming
- Discussion
- Lecture
- Hand Outs

Evaluation

- Feedback from students
- Assignments
- Monthly Test

PART-2

Principles of Primary Health Care (PHC)

Objectives:

- To understand five basic principles of PHC & their Significance in Social Development & Delivery of PHC Services.

Contents:

- Equity
- Health Promotion & Prevention
- Community Participation
 - Definition of Community
 - Importance of Community Participation
 - Mechanisms for Community Participation
 - Problems in Community Participation
- Appropriate Technology
- Multisectoral Approach
- Challenges of PHC

Teaching/Learning Strategies

- Brainstorming
- Discussion
- Lectures
- Group Work
- Hand Outs

Evaluation

- Feedback from Students
- Assignments
- Monthly Test

PART-3

Components of Primary Health Care (PHC)

Objectives:

- To understand the components of PHC & their significance in Health Care
- To scusitize the students about application of PHC strategies

Contents:

- Introduction
 - Relation between PHC & Public Helalth
 - Components of PHC
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Unit-1

Time-13Hours

Promotion of Improved Nutrition

Contents:

- Commonly used Terms
 - Nutrition
 - Nutrients
 - Diet
 - Balanced Diet
 - Caloric
 - Malnutrition
 - Starvation
 - Nutritional Status
 - Nutritional assessment

Nutrients:

- Classification
- Sources
- Functions
- Recommended Daily Allowances (RDAs)

Balanced Diet

- Food Groups
- Factors to be taken into consideration while preparing primary Diet

Specific Nutrition:

- Infant Nutrition
- Child Nutrition
- Adolescent Nutrition
- Nutrition during Pregnancy & Lactation
- Geriatric Nutrition
- Nutrition in diseases

Nutritional Disorders due to:

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin D & Calcium
- Iron & Folate
- Iodine

Malnutrition

- Factors Effecting Malnutrition
- Protein Energy Malnutrition (PEM)
 - Kwashiorkor & Marasmus

Obesity:

Role of Paramedics in promotion of improved Nutrition

Teaching/Learning Strategies:

- Brainstorming
- Discussion
- Lectures
- Group Work
- Hand Outs
- Field visit to a primary school for assessment of nutritional status of school children

Evaluation

- Feedback from Students
- Assignments
- Monthly Test

PART-3

Components of Primary Health Care (PHC)

Unit-2

Time-8Hours

Provision of Adequate Water Supply & Basic Solutions.

Contents:

- Water Supply
 - Classification of Water
 - ✓ Sources & Types of Water Supply
 - ✓ Water-borne & Water-wash Disease
 - ✓ Purification of Water
 - ✓ Examination of Water

- Sanitation:
 - Definition
 - Importance of Sanitation
 - Refuse
 - ✓ House Refuse & Street Refuse
 - ✓ Collection, Removal & Disposal of Refuse & Waste Water
 - Collection, Removal & Disposal of Human Excreta
 - Hospital Waste Management
 - Environmental Pollution
 - Role of Paramedics in promotion of safe Drinking Water & Basic Sanitation

Teaching/Learning Strategies:

- Brainstorming
- Discussion
- Lectures
- Field visits to observe system of water supply & sanitation
- Field visit to hospitals to see the process of hospital waste management
- Hand Outs

Evaluation

- Feedback from Students
- Assignments
- Monthly Test

PART-3

Components of Primary Health Care (PHC)

Unit-3

Time-25Hours

Mother & Child Health (Including Family Planning)

Contents:

- Mother & Child Health
 - Concept of Safe Motherhood
 - Convention on the Rights of Children
 - MCH Services

- ❖ Maternal Health
 - Ante-natal Care
 - a. Health Education
 - ✓ Personal Hygiene
 - ✓ Dental Care
 - ✓ Diet During Pregnancy
 - ✓ Bowel Care
 - ✓ Preparation of Mother for Breast Feeding
 - ✓ Rest & Exercise

 - b. Physical Examination
 - ✓ Height
 - ✓ Weight
 - ✓ General Physical Examination
 - ✓ Abdominal Examination
 - ✓ Pelvic Examination

 - c. Investigation
 - ✓ Haemoglobin estimation
 - ✓ Blood pressure monitoring
 - ✓ Urine testing
 - ✓ Blood grouping & Rh faction determination

 - d. Immunization
 - ✓ TT Immunization

 - e. Problems During Pregnancy
 - ✓ Morning Sickness & Hyperemic gravelance
 - ✓ Gastrointestinal upsets
 - ✓ Urinary fract infections
 - ✓ Fever
 - ✓ Rubella (German Measles)
 - ✓ Hepatitis

- a. Diabetes mellitus
 - b. Heart disease
 - c. Antepartum haemorrhage
 - d. Adverse effect of drugs during pregnancy
- 1 High risk pregnancy

Identification

Appropriate Management and counseling

Perinatal care

A Preparation for delivery

For mother

For baby

For health worker

B complications during delivery

Post natal care

Schedule of post natal home visits

- ✓ Schedule of Post-Natal home visit
- ✓ Activities of Health Worker during Post-Natal home visits
- ✓ Management of Post-Natal Complications
- ✓ Early Ambulation & Post-Natal Exercises

➤ Care of New Born

- Maintenance of body temperature
- Breathing
- Cleanliness
- Physical Examination of New born

❖ Child Health

➤ Diet during Infancy

- Breast Feeding
- Advantages
- Schedules
- Management of Problems
- Weaning diet

➤ High Risk Children

- Premature babies
- Low birth weight babies
- Congenital abnormal babies
- Physical handicapped children
- Mentally retarded children

- Malnourished children
 - Growth monitoring in child health
 - Significance of growth monitoring
 - Role of paramedics in promotion of maternal and child health

PART-3

Components of Primary Health Care (PHC)

Unit-4

Time- 4 Hours

Immunization against Principal Infectious Disease

Contents:

- Immunity
 - Types of Immunity
 - Natural
 - Acquired (Active & Passive Immunity)
 - Herd Immunity

- Vaccines
 - EPI
 - Cold Chain & its Maintenance
 - Schedules for EPI Vaccination
 - Methods of delivering Vaccines
 - Adverse effect of Vaccines
 - Community Involvement in Immunization
 - Role of Paramedics in Promotion of Immunization

Teaching/Learning Strategies:

- Brainstorming
- Discussion
- Lectures
- Hand Outs
- Field Visit of EPI Cold Room & EPI Center

Evaluation

- Feedback from Students
- Monthly Test

PART-3

Components of Primary Health Care (PHC)

Unit-5

Time- 1 Hour

Prevention & Control of Locally Endemic Diseases

Contents:

- Definition of Endemic & Communicable Disease
- General Principles for the Prevention & Control of Diseases
- Role of Paramedics in prevention & Control of locally Endemic Diseases

Teaching/Learning Strategies:

- Brainstorming
- Discussion
- Lectures
- Hand Outs

Evaluation

- Feedback from Students
- Assignments
- Monthly Test

PART-3

Components of Primary Health Care (PHC)

Unit-6

Time- 3 Hours

Health Education

Contents:

- Definition
 - Importance of Health Education
 - Difference between Health Education & Health Programmes
 - Principle of Health Education
 - Planning for Health Education
 - Methods & Techniques of Health Education
 - Role of Paramedics in Health Education

Teaching/Learning Strategies:

- Brainstorming
- Discussion
- Lectures
- Hand Outs
- Role Play in Health Education

Evaluation

- Feedback from Students
- Assignments
- Monthly Test

PART-3

Components of Primary Health Care (PHC)

Unit-7

Time- 1 Hour

Treatment of Common Injuries & Diseases, Together provision of Essential Drugs

(Note: Treatment of Common Injuries is to be studied in First Aid method)

Contents:

- Basic Information about priority Health Problems in Pakistan & other -

 - Diarrhea
 - Dysentery
 - Cholera
 - Typhoid Fever
 - Acute Respiratory Infections (ARI)
 - Malaria
 - Tuberculosis & Leprosy
 - Poliomyelitis
 - Measles
 - Tetanus
 - Diphtheria
 - Whooping Cough
 - Meningitis
 - Viral Hepatitis
 - HIV & AIDS
 - Snake Bite
 - Rabies
 - Scabies
 - Worm Infestation

- Essential Drugs
 - Concept of Essential Drugs
 - Essential Drug List (EDI) of Pakistan

- Rational Use of Medication in Pakistan
 - Importance of Rational Prescribing
 - Principles of Rational Prescribing
 - Roles of Government & Non-governmental Immunization in Rational use of Essential Drugs in Pakistan

Teaching/Learning Strategies:

- Brainstorming
- Discussion
- Lectures
- Hand Outs
- Visit to OPD to see prescription trends
- Assignments
 - Each student will collect 50 prescriptions from patients & prepare a report regarding rational use of essential drugs
 - Hazards of Antibiotic misuse

Evaluation

- Feedback from Students
- Assignments
- Monthly Test

Community Mental Health & Drug Abuse

Objectives:

- To know the Concept of Mental Health & the Provision of Mental Health Services at Community Level
- To understand the Problems of Drug Abuse & the Strategies for the Management.

Contents:

- Community Mental Health
 - Definition of Mental Health
 - ✓ Mental Illness
 - Popular Beliefs
 - Causes
 - Classification
 - ✓ Priority Mental Health Problems
 - Depression
 - Psychosis
 - Anxiety, Obsessive-Compulsive Disorder & Hysteria Epilepsy
 - Concept of Community Mental Health
 - ✓ Prevention of Mental Health Problems
 - Primary Prevention
 - Secondary Prevention
 - Tertiary Prevention
 - Team in Community Mental Health Model
 - Community Mental Health Centre (CMHC)
- Drug Abuse
 - Types
 - Causes
 - Effects
 - Basic Principles of Management
 - ✓ Detoxification
 - ✓ Rehabilitation
 - ✓ Social Re-integration

- Prevention of Drug Abuse
 - ✓ Primary Prevention
 - ✓ Secondary Prevention
 - ✓ Tertiary Prevention

- Role of Paramedics in Promotion of Community Mental Health & Prevention of Drug Abuse

Teaching/Learning Strategies:

- Brainstorming
- Discussion
- Lectures
- Hand Outs
- Visit to a Drug Abuse Treatment Centre (DATC)

Evaluation

- Feedback from Students
- Assignments
- Monthly Test

PART-5

Time-

Health Management Information System (IMIS)

Objectives:

- To understand the role of Information in Planning & Decision Making
- To orientate the students about IMIS in Khyber Pakhtunkhwa.

Contents:

- Importance of Information in Planning & Decision Making
- IMIS in Khyber Pakhtunkhwa
- Role of Paramedics in IMIS Record Keeping

Teaching/Learning Strategies:

- Brainstorming
- Discussion
- Lectures
- Individual Exercises
- Group Work
- Hand Outs

Evaluation

- Feedback from Students
- Individual & Group Work Assessment
- Monthly Test

Epidemiology & Health System Research (HSR)

Objectives:

- To Learn about Epidemiology & its Importance in improved provision of Health Care Services
- To orientate the Students about Health System & the Importance of Health System Research
- To Sensitize the students about the Development of HSR proposal

Contents:

- Epidemiology
 - Definition
 - Importance
 - Commonly Used Terms
 - ✓ Frequency
 - ✓ Distribution
 - ✓ Incidence
 - ✓ Prevalence
 - ✓ Epidemic
 - ✓ Infectivity
 - ✓ Pathogenicity
 - ✓ Virulence
 - ✓ Mortality
 - ✓ Morbidity
 - ✓ variable
 - Health Indicators
 - ✓ Crude Birth Rate (CBR)
 - ✓ Crude Death Rate (CDR)
 - ✓ Infant Morality Rate (IMR)
 - ✓ Maternal Mortality Rate (MMR)
 - ✓ Life Expectancy at Birth
 - ✓ Growth Rate
 - ✓ Fertility Rate

- Epidemiological Methods
 - ✓ Descriptive
 - ✓ Analytical
 - ✓ Experimental
 - ✓ Disease Screening
 - ✓ Investigation & Control of Disease Epidemics

An overview of Health System Research (HSR)

- Definition of Health System & Health System Research (HSR)
- Importance of HSR
- Types of Research
 - Basic
 - Applied
- Criteria for Selecting a Research Topic
- Steps in the Development of an HSR Proposed
 - Selecting a topic
 - Literature review / introduction
 - Research Methodology
 - Work Plan
 - Budget
 - Proposal Summary
- Report Writing
- Role of Paramedics in Health System Research

Teaching/Learning Strategies:

- Brainstorming
- Discussion
- Lectures
- Group Work
- Hand Outs
- Assignments

Evaluation

- Feedback from Students
- Monthly Test