

## Certificate in Home Based Health Care (CHBHC)

*Certificate*  
*in*  
*Home Based*  
*Health Care*  
**(CHBHC)**

### **Information Brochure**



**School of Health Sciences  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi**

#### **INDIRA GANDHI NATIONAL OPEN UNIVERSITY**

Indira Gandhi National Open University (IGNOU) was established in September 1985 by an Act of Parliament with a view to democratize education so that it covers large segments of population, vocations and professions. It has achieved significant results in providing access to higher education to a large number of students across the length and breadth of the country. The Primary emphasis is on innovation, flexibility and cost effectiveness. It has national jurisdiction and has the authority to provide degree, diplomas and certificates all over the country. The Commonwealth of Learning conferred the honor of "Centre of Excellence in Distance Education" on it in 1993 for producing high quality course materials.

#### **SCHOOL OF HEALTH SCIENCE**

The School of Health Sciences was set up in 1991 with the objective of augmenting educational avenues and providing in-service training to medical, nursing, paramedical and allied personnel through the distance education mode.

The School is pioneer in developing innovative competency based programmed in various disciplines of Health Sciences. Hands-on training is provided through diversified approaches of a network of medical colleges, nursing colleges, district level hospitals and community health centres and NGO's. School has also developed socially useful programs

The main functions of the school are as follows:-

- Planning, developing and launching of Degree, Diploma and Certificate level programmes/course for various categories of health professionals.
- Health related awareness courses for the general public
- Conducting research on health related issues.

## Certificate in Home Based Health Care

### CERTIFICATE IN HOME BASED HEALTH CARE (CHBHC)

Certificate programme in home based health care 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/Hindi

**Total seats:** 30 Students per Programme Study Centre

**Programme Fee:** Rs. 2400/- 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 Conditions / 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

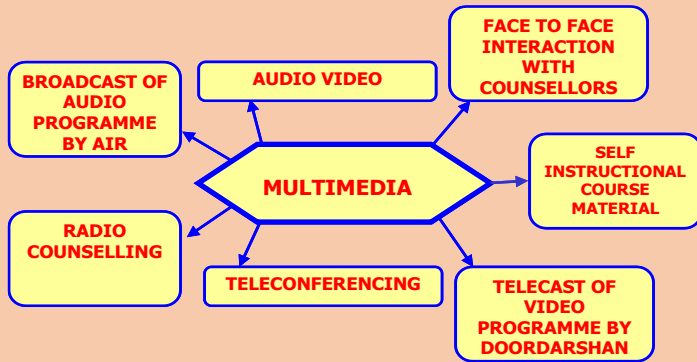
##### Practical Manual – II

- 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

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### PROGRAMME PACKAGE

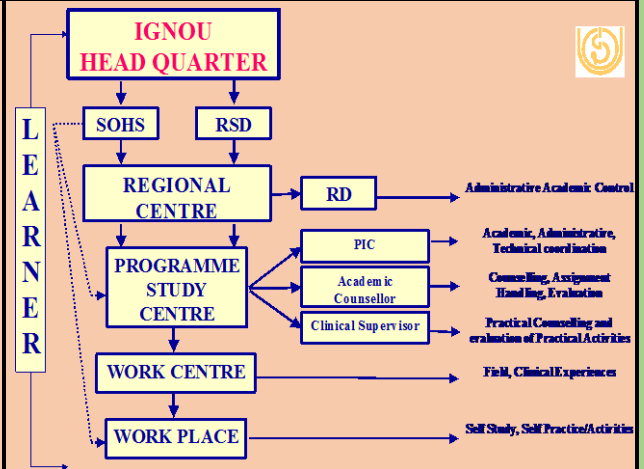
Programme is delivered with multimedia package consisting of print material in the form of blocks, A.V. Aids, teleconferencing, Radio Broadcast, contact sessions at study center , practical sessions.



### IMPLEMENTATION PLAN

Programme is being implemented through a network of study centers located in hospital/community health centre/NGO/Nursing Home with facilities of 20-50 beds for indoor patients. School of nursing can also be a program study centre. The practical contact sessions will be held in hospital/community health centre/NGO/Nursing Home with facilities of 20-50 beds for indoor patients. A team of teachers called as Academic Counsellors are trained to take contact sessions at study centers. In this programme 120 hrs are face to face counselling. Academic counsellors are also trained for practical i.e. supervised activities, carried out by the students at the work place or in the hospital; self activities will be carried out at their home/neighbourhood. The administrative control is through Regional Centers in the states and Head Quarter in Delhi.

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### EVALUATION

Evaluation is through Term End Examination for theory in June and December every year, Assignments to be submitted by students at study center, Self and Supervised Activities to be evaluated by the clinical supervisor and practical Examination will be held at the end of the courses at nodal centre.

Programme Co-coordinator

**Dr. Reeta Devi**

Asst Prof. (SI.Grade) SOHS

Email: [reetadevi@ignou.ac.in](mailto:reetadevi@ignou.ac.in)

[chbhc@ignou.ac.in](mailto:chbhc@ignou.ac.in)

Phone :011-29572807

For further information, contact :

**Prof. (Dr.) Ruchika Kuba**

Director

School of Health Sciences

Indira Gandhi National Open University

Maidan Garhi, New Delhi-110068

Phone :011-29537078(Director),

Email.: [sohs@ignou.ac.in](mailto:sohs@ignou.ac.in)

[www.ignou.ac.in](http://www.ignou.ac.in)

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