Faculty of Vocational Studies
Syllabus for
Certificate Course: Geriatric Care (Old Age Care and Nutrition)
Session: 2022-23

The Heritage Institution
KANYA MAHA VIDYALAYA JALANDHAR
(Autonomous)

Course – Geriatric Care(Old age Care and Nutrition)
Session: (2022-2023)

Semester I							
Course Code	**Course Name**	**Credits**	**Total Course Hours**	**Marks**			**Examination time in (Hours)**
				Total	**Ext.**		
					L	**P**	
CGCM-1281	**Geriatric Care**	**4**	**640**	**100**	**80**	**20**	**2+1**
Total				**100**			

Note: Qualification Pack Code: NSQF Level-3: HSS/Q3005 (Geriatric Care Aide)

PROGRAMME SPECIFIC OUTCOMES OF CERTIFICATE IN GERIATRIC CARE (OLD AGE CARE AND NUTRITION)

PSO (1) - To gain knowledge about Healthcare and Hospitalsystems.

PSO (2) - To develop knowledge about the importance of special care of elderly.

PSO (3) - To give practical knowledge about methods to measure vital parameters

PSO (4) - To give practical knowledge about Nutrition and ageing.

PSO (5) - To develop awareness regarding personal hygiene and infection prevention

PSO (6) - To gain knowledge about Nutrition according to various medical conditions.

PSO (7)- To enable them to gain practical skills of Geriatric care assistant.

COURSE OUTCOMES:

Upon completion of this course students will be able:

1. To understand Role, Responsibility, Professional behavior of Geriatric care assistant.
2. To understand the Basic geriatric care
3. To understand prevention and control of infection.
4. To understand the importance of oral care, hair care, skin care, foot care, nail care etc.
5. To understand the importance of exercise for geriatric patients.
6. To understand the basic knowledge of various micronutrients such as vitamin and minerals.
7. To understand the basic concept of balanced diet, food groups.
8. To understand the nutritional requirements according to physiological condition of elderly.

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Time :3 Hours **Max. Marks: 100**
Theory: 80
Practical: 20

Instructions for the Paper Setter

Theory: An objective type question paper will be set for assessment of the candidate with equal weight age from all the units of the syllabus.

Practical: The will be set on spot by the examiner.

UNIT-I

Foundation of Geriatric Care Assistance	Special Needs of Elderly
• Responsibilities, Ethics and professional behavior of Geriatric Care Assistant. • Overview of the Healthcare and Hospital systems. • Preparation of facilities & Environmental modification. • Describe methods to measure vital parameters like pulse, BP, Temperature, Respiration, Height and Weight of patient. • Role of the Geriatric Care Assistant in various procedures. • Needs of the Geriatric patient related to Medications. • Infection and Diseases • Universal Safe Precautions and use of Personal Protective Equipment (PPE) at work place • Healthcare Associated Infections • Bio-medical waste Management (BMW)	• General Hygiene and Grooming • Principles while dressing and undressing • Bathing guidelines for elderly. • Oral Care • Hair care • Eye and Ear care • Skin, nail and foot care for elderly. • Safety and Environmental modifications • Role of Exercise • Use of assistive devices for elderly. • Management of Bedridden patient • Management of Disabilities • Mental Health of Elderly • Legal issues related to elderly • Wellbeing of the care providers

UNIT-II

Geriatric Nutrition	Nutrition and Ageing
• Introduction to nutrition: Nutrients and concept of Under nutrition, over nutrition,obesity. • **Carbohydrates** - Composition, classification, functions, food sources, requirement, deficiencies. • **Fats and Oils**- Composition, Classification, Saturated, Unsaturated fatty acids, food sources, functions, requirement and deficiencies. • **Protein** - Composition, Classification, Essential and Non- essential amino acids, food Sources, functions, deficiencies. • Vitamin- Classification, unit of measurements, sources, requirements, functions, Deficiency and Toxicities of following vitamins. • Fat Soluble vitamins -A, D, E and K. • Water Soluble vitamins- C, B1-B2, B3, B6, B12 and Folic acid. • Mineral- Functions, Sources and deficiency/excess of following minerals: calcium, iron, iodine, fluorine, Sodium, Potassium, Phosphorus, and Magnesium. • Balanced diet: Concept of Balanced Diet, Food Groups, Exchange List. • Definition and Objectives of RDA, RDA for different age groups. (ICMR). Calorie consumption units in planning meals for a family. • Physiological changes during old age and meeting their nutritional requirements. • Physiological changes during old age and meeting their nutritional requirements. • Diet plans for elderly.	Introduction to aging • Introduction to Physiology of Aging and ageing process. • Physical, physiological and emotional changes during ageing process. • Nutrition and Weight disorders: underweight, malnutrition and Obesity • Nutrition and Metabolic syndrome • Nutrition and Osteoporosis , Osteoarthritis, fractures, falls and injuries. • Nutrition and Anemia, gastroenteritis ,GERD and cancers of GIT. • Nutrition and Dementia ; physiology of Parkinson's disease ,diagnosis, therapy . • Nutritional care in dementia, artificial feeding and bedsores • Nutrition and Cardiovascular Disease • Nutrition and Respiratory problems – COPD, Pneumonia, tuberculosis and lung cancer. • Nutrition and Ethics at the end of life • Food , medicines and nutraceuticals interactions. • Health promotion for the elderly • Documenting the dietetic care for the elderly

Unit -III

Anatomy and Physiology

- Review of cell structure and functions ofinclusion bodies.
- Cardio Vascular System: Basic properties of theheart, cardiac output, blood pressure and factors affecting it and hypertension.
- Physiology of respiratory system Knowledge ofstructure and function of respiratory organs
- Physiology of the digestive system: Secretary and digestive function of the salivary glands, the stomach, the pancreas, the liver and intestine. Mechanism of absorption of carbohydrates, proteins and fats.
- Physiology of endocrine glands:

Functions of the Thyroid, parathyroid, adrenalcortex, adrenal medulla, pancreas, pituitary glands and different syndromes resulting from modules, hypo or hyperactuchy.

PRACTICAL:

1. Hand Sanitization
2. PPE
3. Hand Washing Techniques
4. Policies and procedures for infection control
5. Visit to old age home
6. Estimation of vital parameters: a) B.p.
   b) Body Temperature
   c) Pulse oxymeter
   d) Blood Glucose
7. Biomedical waste management: Different coded colour bins
8. Internet usage for type of exercise as per geriatric needs
9. Patient safety measure, tools, wheelchair, side rails
10. Emergency codes and Fire extinguisher