

**FACULTY OF SCIENCES  
SYLLABUS**

**Of  
Diploma in GERIATRIC CARE (Old Age Care and Nutrition)**

**(Semester: I- II)**

**(Under Credit Based Continuous Evaluation Grading System)**

**Session: 2021-22**



**The Heritage Institution**

**KANYA MAHA VIDYALAYA JALANDHAR  
(Autonomous)**

**PROGRAMME SPECIFIC OUTCOMES OF DIPLOMA IN GERIATRIC CARE (Old Age Care and Nutrition)**

PSO (1) - To gain knowledge about the various aspects of role and duties of geriatric care assistant.

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

PSO (3) - To give practical knowledge about Nutrition and ageing.

PSO (4) - To develop awareness regarding government services and programmes.

PSO (5) - To gain knowledge about Nutrition according to various medical conditions.

PSO (6)- To enable them to gain practical skills of Geriatric care assistant.

**KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)**

**SCHEME AND CURRICULUM OF EXAMINATION OF ONE YEAR DIPLOMA  
PROGRAMME**

**DIPLOMA IN GERIATRIC CARE (Old Age Care and Nutrition)**

**Session: 2021-22**

**Semester-I**

Course code	Course type	Course Titles	Credits L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
DGCL - 1281	C	Foundation of Geriatric Care Assistance	4-0-0	100	80	–	20	3
DGCL - 1282	C	Special Needs of Elderly	4-0-0	100	80	–	20	3
DGCL - 1283	C	Geriatric Nutrition	4-0-0	100	80	–	20	3
DGCL - 1284	C	Nutrition and Ageing	4-0-0	100	80	–	20	3
DGCP - 1285	C	Nutrition and Ageing (Practical)	0-0-3	50	-	40	10	3
DGCP - 1286	C	Skills for geriatric Care Assistance-I (Practical)	0-0-4	50	-	40	10	3
Total			23	500				

**KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)**

**SCHEME AND CURRICULUM OF EXAMINATION OF ONE YEAR DIPLOMA  
PROGRAMME**

**DIPLOMA IN GERIATRIC CARE (Old Age Care and Nutrition)**

**Session: 2021-22**

Semester-II								
Course code	Course type	Course Titles	Credits L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
DGCL-2281	C	Health services and programs for older Persons	4-0-0	100	80	-	20	3
DGCL 2102	C	Communication Skills in English	2-0-2	50	25	15	10	3+3
DGCL 2283	C	Applied Anatomy and Physiology	4-0-0	100	80	-	20	3
DGCL 2284	C	Developmental Stages till old Age	2-0-0	100	80	-	20	3
DGCP 2285	C	Skills for geriatric Care Assistance-II	0-0-4	50	-	40	10	3
DGCI 2286	C	Internship	0-0-4	100	-	100	-	3
Total			22	500				

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**  
**Session: 2021-22**  
**Foundation of Geriatric Care Assistance (Theory)**  
**Course Code: DGCL-1281**

**Course Outcomes:**

Upon completion of this course students will be able:

- 1) To understand Role, Responsibility, Professional behaviour of Geriatric care assistant.
- 2) To understand communication, interpersonal relationship and therapeutic relations with patients.
- 3) To understand the Basic geriatric care
- 4) To understand how to take care of a geriatric patient.
- 5) To understand prevention and control of infection.

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**  
**Session: 2021-22**  
**Foundation of Geriatric Care Assistance (Theory)**  
**Course Code: DGCL-1281**

**L-T-P**  
**4-0-0**

**Max. Marks:100**  
**Theory:80**  
**CA:20**

**Instruction for the paper setter:**

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A- D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 16 marks.

**Unit -I**

**Basics concepts for Geriatric Care Assistants (GCA)**

- Role, responsibilities, Ethics and professional behaviour of Geriatric Care Assistant.
- Overview of the Healthcare and Hospital systems
- Communication, Interpersonal skills and Therapeutic Relationships.
- Basic Life Support (BLS) measures & first aid in the event of emergencies

**Unit -II**

**Basic Geriatric Care**

- Preparation of facilities & Environmental modification.
- Patient Positions
- Transferring Geriatric patients
- Describe methods to measure vital parameters like pulse, BP, Temperature, Respiration, Height and Weight of patient.

**Unit -III**

**Care of Geriatric patient**

- Role of the Geriatric Care Assistant in various procedures
- Needs of the Geriatric patient related to Medications
- Handling of samples and linen
- Feeding the Geriatric patient
- Elimination Procedures in Geriatric patient

**Unit -IV**

**Prevention and control of Infections**

- Infection and Diseases
- Universal Safe Precautions and use of Personal Protective Equipment (PPE) at work place
- Healthcare Associated Infections

- Bio-medical waste Management (BMW)

## **REFERENCE BOOKS**

1. Nutrition care of the older adults, American Dietetic Association, 2004.
2. Indira Gandhi National Open University textbook for Geriatric care
3. Infectious Disease In The Aging: A Clinical Handbook (Hb) by Yoshikawa T. T., Springer,2000.
4. Biomedical Waste Disposal by Anantpreet Singh and Sukhjit Kaur, Jaypee Publishers, 2012

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**  
**Session: 2021-22**  
**Special Needs of Elderly (Theory)**  
**Course Code: DGCL-1282**

**Course Outcomes:**

Upon completion of this course students will be able:

- 1) To understand the hygienic conditions of elderly including bathing, dressing and grooming.
- 2) To understand the importance of oral care, hair care, skin care, foot care, nail care etc.
- 3) To understand the importance of exercise for geriatric patients.
- 4) To understand the management of a Bedridden patient or patient with disabilities.
- 5) To understand legal issues related to elderly.



**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**

**Session: 2021-22**

**Special Needs of Elderly (Theory)**

**Course Code: DGCL-1282**

**L-T-P**

**4-0-0**

**Max. Marks:100**

**Theory:80**

**CA:20**

**Instruction for the paper setter:**

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A- D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carries 16 marks.

**Unit: I**

**Hygienic Needs of Elderly**

- General Hygiene and Grooming
- Principles while dressing and undressing
- Bathing guidelines for elderly.

**Unit-II**

**Hygienic Need of the Geriatric patient**

- Oral Care
- Hair care
- Eye and Ear care
- Skin, nail and foot care for elderly.

**Unit-III**

**Environmental Manoeuvres and Assistive devices**

- Safety and Environmental modifications
- Role of Exercise
- Use of assistive devices for elderly.

**Unit- IV**

**Advance Geriatric Care**

- Management of Bedridden patient

- Management of Disabilities
- Mental Health of Elderly
- Legal issues related to elderly
- Wellbeing of the care providers

## **REFERENCE BOOKS**

1. Basic Geriatric Nursing by Williams, Elsevier, 2016.
2. Optimizing Exercise and Physical Activity in Older People by Moris, Elsevier Health. 2003
3. Indira Gandhi National Open University textbook for Geriatric care
4. Psychological Problems of Ageing: Assessement, Treatment and Care by Robert T. Woods, Wiley, 1999.

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**  
**Session: 2021-22**  
**Geriatric Nutrition (Theory)**  
**Course Code: DGCL-1283**

**Course Outcomes:**

Upon completion of this course students will be able:

- 1) To understand the basic knowledge of various macronutrients such as Carbohydrates, Fats, Proteins.
- 2) To understand the basic knowledge of various micronutrients such as vitamin and minerals. 3) To understand the basic concept of balanced diet, food groups.
- 4) To understand the nutritional requirements according to physiological condition of elderly.
- 5) To understand how to plan diet plan for elderly.
- 6) To understand the method to determine various health parameters of elderly.

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**  
**Session: 2021-22**  
**Geriatric Nutrition (Theory)**  
**Course Code: DGCL-1283**

**L-T-P**  
**4-0-0**

**Max. Marks:100**  
**Theory:80**  
**CA:20**

**Instruction for the paper setter:**

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A- D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carry 16 marks.

Contents:

**Unit- I**

- Introduction to nutrition : Nutrients and concept of Undernutrition, overnutrition ,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.

**Unit-II**

- 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, requirement and deficiency/excess of following minerals : calcium, iron, iodine, fluorine, Sodium, Potassium, Phosphorus, and Magnesium.

**Unit -III**

- 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.

**Unit -IV**

- Physiological changes during old age and meeting their nutritional requirements.
- Diet plans for elderly.

**REFERENCE BOOKS**

1. Fundamentals of Foods, Nutrition and Diet Therapy by Sumati. R Mudambi, Newage international Publishers, 2020
2. Dietetics - Multi Colour by B. Shrilakshmi, Newage international Publishers, 2019
3. Food Science by B. Shrilakshmi, Newage International Publishers, 2018.
4. A Textbook Of Foods, Nutrition And Dietetics by M. Raheena Begum, Sterling Publishers, 2019.

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**

**Session: 2021-22**

**Nutrition and Ageing (Theory)**

**Course Code: DGCL-1284**

**Course Outcomes:**

Upon completion of this course students will be able:

- 1) To understand the physiology of ageing and ageing process.
- 2) To understand the relation between Nutrition and various medical conditions in elderly.
- 3) To understand the supplement and food and drug interactions.
- 4) To understand the documenting of dietetic care of elderly
- 5) To understand the promotion of health of elderly.

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**  
**Session: 2021-22**

**Nutrition and Ageing (Theory)**

**Course Code: DGCL-1284**

**L-T-P**

**4-0-0**

**Max. Marks:100**

**Theory:80**

**CA:20**

**Instruction for the paper setter:**

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A- D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carry 16 marks.

**Contents:**

**Unit-I**

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

**Unit-II**

- Nutrition and Osteoporosis , Osteoarthritis, fractures, falls and injuries.
- Nutrition and Anaemia, 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 Parkinson's .

**Unit-III**

- Nutrition and Cardiovascular Disease
- Nutrition and Respiratory problems – COPD, Pneumonia, tuberculosis and lung cancer.

**Unit-IV**

- 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

**REFERENCE BOOKS**

1. Principles of therapeutic nutrition and Dietetics by Avantika Sharma, CBS Publishers, 2017.
2. A Comprehensive Textbook Of Nutrition & Therapeutic Diets by Darshan Sohi, Jaypee Publishers, 2013
3. Handbook of Clinical Nutrition by Douglas Heimburger Jamy Ard, Mosby Publishers, 2006.

## **Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**

**Session: 2021-22**

**Nutrition and Ageing-I (Practical)**

**Course Code: DGCP-1285**

### **Course Outcomes:**

1. To develop therapeutic diets according to special requirements of nutrients.
2. To calculate the nutritive value of diets.
3. To study the nutritive value of diets given in different diseases.
4. To develop entrepreneurship skills in students.
5. To encourage the students to set up a diet clinic.

## **Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**

**Session: 2021-22**  
**Nutrition and Ageing (Practical)**  
**Course Code: DGCP-1285**

**L-T-P**  
**0-0-3**

**Max. Marks:50**  
**Practical:40**  
**CA:10**

**Note: - Paper will be set on the spot by the examiner.** Prepare following therapeutic recipes for old age (Elderly)

- Prepare 5 recipes of liquid and soft diet.
- Prepare 5 high protein and high energy recipes.
- High Calcium Recipes.
- Prepare 5 high carbohydrate, moderate protein & low-fat recipes.
- Prepare 5 high fiber and low glycemic index recipes.
- Prepare 5 low sodium, low fat and high fiber diet.
- Plan and calculate nutritive value of diet for the following diseases. Typhoid, Diarrhea, Constipation, Jaundice, peptic ulcer, Diabetes, Hypertension, atherosclerosis, renal disease and obesity.



**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**  
**Session: 2021-22**  
**Skills for geriatric Care Assistance-I (Practical)**  
**Course Code: DGCP-1286**

**Course Outcomes:**

Upon completion of this course students will be able:

- 1) To understand the hygienic conditions of elderly including bathing, dressing and grooming.
- 2) To understand the importance of oral care, hair care, skin care, foot care, nail care etc.

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-I**  
**Session: 2021-22**  
**Skills for geriatric Care Assistance-I (Practical)**  
**Course Code: DGCP-1286**

**L-T-P**  
**0-0-4**

**Max. Marks:50**  
**Prac:40**  
**CA:10**

1. Skills related to infection control and prevention
  - • Hand washing and use of PPE
  - • Surgical asepsis
  - • Transferring of sterile equipment to a sterile field
  - • Assisting in gowning and gloving
  - • Cleaning and disinfection of equipment and surface disinfection
  - • BMW (from Generation to segregation to Disposal)
2. Skills related to bed making
  - • Vacant Bed
  - • Occupied bed making
  - • Preparation of patient care unit
3. Positions and use of comfort devices
  - • Patient positions
    - -Supine position
  - • Fowler's
  - • Use of comfort devices
    - -Foot Rest/Back Rest
    - -Air cushions and pressure relieving cushions -Restraints , Mattress
  - • Back care (for pressure sore grade -1)
4. Skills related to personal Hygiene
  - • Dressing and undressing (Procedure, Privacy, selection of appropriate clothes )
  - • Bed Bath
  - • Mouth Care including Care of denture
  - • Eye , Nose and Ear Care
  - • Scalp and Hair Care, Nail Care
  - • Foot care (Diabetes/Peripheral vascular disease)
5. Measurement of Vital signs
  - • Measurement of Vitals (TPR and BP)
  - • Measurement of weight and Height

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-II**  
**Session: 2021-22**  
**Health services and programs for older Persons (Theory)**  
**Course Code: DGCL-2281**

**Course outcomes:**

Upon completion of this course students will be able:

- 1) To understand the role of Government and NGOs for elderly.
- 2) To understand the role of social support, elderly clubs etc for elderly
- 3) To understand the various agencies working for the elderly people.
- 4) To understand the importance of health promotion and disease education for elderly. 5) To understand the diagnosis and treatment of serious health issues in secondary and tertiary hospitals. 6) To understand the rehabilitative and mental health services for elderly.

# Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-II

Session: 2021-22

Health services and programs for older Persons (Th.)

Course Code: DGCL-2281

L-T-P  
4-0-0

Max. Marks:100  
Theory:80  
CA:20

## Instruction for the paper setter:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A- D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carry 16 marks.

Contents:

### Unit-I

- Implementation of National policy and national health policy for older persons.
- Ageing and society
- Role of governmental organizations and NGOs.
- Agencies working for elderly.
- Social Support and social networking, self-help groups, elderly clubs.
- Welfare measures and provisions for the older persons.

### Unit -II

Health promotion and Disease Education

- Health Education
- Screening of general health
- Screening for cancer of uterine cervix
- Specific health promotion programs

### Unit- III

- Early Diagnosis and treatment of day-to-day ill health in PHC and clinics
- Health Insurance
- Diagnosis and treatment of serious ill health in secondary and tertiary care hospitals.
- Safety considerations, prevention of risks and fall injuries.

### Unit-IV

- Rehabilitative: Physiotherapy, restorative surgery, prosthesis and occupational therapy.
- Mental health services: Counselling services for retirement, drug and substance abuse, ambulatory treatment for mental changes.

## REFERENCE BOOKS

1. Diseases in the Elderly by Nagaratnam, Nages, Nagaratnam, Kujan, Cheuk, Gary, Springer International Publishers, 2016.
2. Old Age, Its Diseases and Its Hygiene by Lunsford P Yandell, Forgotten Books Publishers, 2018.
3. Fall Injury Prevention for Older Adults by Amy Mcallister, With Joanne M Price, With Patricia J Dean, iuniverse, 2007.

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-II  
Session 2021-22**

**COMMUNICATION SKILLS IN ENGLISH**

**Course Code: BJMM/BFDM/BHSM/BCAM/BITM/**

**BBTM/BACM/BOMM/BOPM/BVRM/BVMM/BVAM/BVTM/BVNM/BVBM/BVPM/  
BVAI/BVHM/DGCM-2102**

**COURSE OUTCOMES**

At the end of this course, the students will develop the following skills:

**CO 1:** Enhancement of listening skills with the help of listening exercises based on conversation, news and TV reports

**CO 2:** Improvement of speaking skills enabling them to converse in a specific situation

**CO 3:** Acquisition of knowledge of phonetics which will help them in learning about correct pronunciation as well as effective speaking

**CO 4:** The capability to present themselves well in a job interview

**CO 5:** The ability of Note-Taking to be able to distinguish the main points from the supporting details and the irrelevant information from the relevant one

**CO 6:** Speaking skills of the students enabling them to take active part in group discussion and present their own ideas

**CO 7:** The capability of narrating events and incidents in a logical sequence

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-II**

**Session 2021-22**

**COMMUNICATION SKILLS IN ENGLISH**

**Course Code: BJMM/BFDM/BHSM/BCAM/BITM/**

**BBTM/BACM/BOMM/BOPM/BVRM/BVMM/BVAM/BVTM/BVNM/BVBM/BVPM/  
BVAI/BVHM/DGCM-2102**

**Time: 3 hours (Theory)  
3 hours (Practical)**

**Max. Marks: 50  
Theory: 25  
Practical: 15  
Continuous Assessment: 10**

**Instructions for the paper setters and distribution of marks:**

**The question paper will consist of four sections and distribution of marks will be as under:**

**Section-A:** Two questions of theoretical nature will be set from Unit I of the syllabus and the candidates will have to attempt one carrying 5 marks.

**Section-B:** Two questions will be set from Unit II of the syllabus. Candidates will have to attempt one carrying 5 marks.

**Section-C:** Two questions will be set from Unit III of the syllabus. Candidates will have to attempt one carrying 5 marks.

**Section-D:** Two questions will be set from Unit IV of the syllabus. Candidates will have to attempt one carrying 5 marks.

**Important Note:**

**The candidate will have to attempt five questions in all selecting one from each section of the question paper and the fifth question from any of the four sections.**

**(5 x 5 = 25)**

**Session 2021-22**  
**COMMUNICATION SKILLS IN ENGLISH**  
**Course Code: BJMM/BFDM/BHSM/BCAM/BITM/**  
**BBTM/BACM/BOMM/BOPM/BVRM/BVMM/BVAM/BVTM/BVNM/BVBM/BVPM/**  
**BVAI/BVHM/DGCM-2102**

**Time: 3 hours (Theory)**  
**3 hours (Practical)**

**Max. Marks: 50**  
**Theory: 25**  
**Practical: 15**  
**Continuous Assessment: 10**

**Course Contents:**

**Unit I**

**Listening Skills:** Barriers to listening; effective listening skills; feedback skills.  
**Activities:** Listening exercises – Listening to conversation, News and TV reports

**Unit II**

Attending telephone calls; note taking and note making  
**Activities:** Taking notes on a speech/lecture

**Unit III**

**Speaking and Conversational Skills:** Components of a meaningful and easy conversation, understanding the cue and making appropriate responses, forms of polite speech, asking and providing information on general topics

**Activities:** 1) Making conversation and taking turns  
2) Oral description or explanation of a common object, situation or concept

**Unit IV**

The study of sounds of English, stress Situation based  
Conversation in English Essentials of Spoken English  
**Activities:** Giving Interviews

**Recommended Books:**

1. *Oxford Guide to Effective Writing and Speaking* by John Seely.
2. *Business Communication* by Sethi, A and Adhikari, B., McGraw Hill Education 2009.
3. *Communication Skills* by Raman, M. & S. Sharma, OUP, New Delhi, India (2011).
4. *A Course in Phonetics and Spoken English* by J. Sethi and P.V. Dhamija, Phi Learning.

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-II**

**Session 2021-22**

**COMMUNICATION SKILLS IN ENGLISH**

**Course Code: BJMM/BFDM/BHSM/BCAM/BITM/**

**BBTM/BACM/BOMM/BOPM/BVRM/BVMM/BVAM/BVTM/BVNM/BVBM/BVPM/  
BVAI/BVHM/DGCM-2102**

**Time: 3 hours (Theory)**

**3 hours (Practical)**

**Max. Marks: 50**

**Theory: 25**

**Practical: 15**

**Continuous Assessment: 10**

**PRACTICAL / ORAL TESTING**

**Time: 3 hours**

**Marks: 15**

**Course Contents:**

1. Oral Presentation with/without audio visual aids
2. Group Discussion
3. Listening to any recorded or live material and asking oral questions for listening comprehension

**Questions:**

1. Oral Presentation will be of 5 to 7 minutes duration. (Topic can be given in advance or it can be of student's own choice). Use of audio-visual aids is desirable.
2. Group discussion comprising 8 to 10 students on a familiar topic. Time for each group will be 15 to 20 minutes.



**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-II**  
**Session: 2021-22**  
**Applied Anatomy and Physiology (Theory)**  
**Course Code: DGCL-2283**

**Course Outcomes:**

Upon Completion of this Course the student should be able to:

CO1. To develop the knowledge of cell structure and functions of inclusion bodies.

CO2. To understand the elementary knowledge of structure and functions of cardiovascular system.

CO3. To develop the knowledge of different types of endocrine glands and its functions.

CO4. To develop the knowledge about digestive system and its structure, function, digestion and absorption of carbohydrates, proteins and fats.

CO5. To develop the knowledge of structure and function of urinary system.

CO6. To develop the knowledge of respiratory system and reproductive system.

# Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-II

Session: 2021-22

## Applied Anatomy and Physiology (Theory)

Course Code: DGCL-2283

L-T-P  
4-0-0

Max. Marks:100  
Theory:80  
CA:20

### Instruction for the paper setter:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A- D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question carry 16 marks.  
Contents:

#### UNIT-I

1. Review of cell structure and functions of inclusion bodies.
2. Physiology of lymphatic system  
Functions of lymphatic system: lymph nodes, vessels, spleen and thymus.
3. Cardio Vascular System:  
Basic properties of the heart, cardiac output, blood pressure and factors affecting it and hypertension.

#### UNIT-II

4. Physiology of Kidneys:  
Mechanism of urine formation and the role of the kidneys in water and electrolyte balance.
5. Physiology of nervous system  
Structure and function of brain and spinal cord.
6. Physiology of skeletal system

#### UNIT -III

6. Physiology of respiratory system  
Knowledge of structure and function of respiratory organs.
7. Physiology of the digestive system:  
Secretory and digestive function of the salivary glands, the stomach, the pancreas, the liver and intestine. Mechanism of absorption of carbohydrates, proteins and fats.
8. Physiology of Muscular system

#### UNIT -IV

9. Physiology of endocrine glands:  
Functions of the Thyroid, parathyroid, adrenal cortex, adrenal medulla, pancreas, pituitary glands and different syndromes resulting from modules, hypo or hyperactuchy.
10. Physiology of reproductive system  
Knowledge of structure and function of male and female reproductive organs. Menstrual cycle.

### REFERENCE BOOKS

1. Bloom, W. And Fawcett, D.W.A. Text Book of Histology W.B.Saunders of Company,1968.
2. Guyton, AC, Text Book of Medical Physiology W.B. Saunders & Company.
3. Strand, F.L. Modern Physiology. Macmillan Publication.
4. Davidson, B. And Smith E., Text Book of Physiology and Biochemistry.

**Diploma in Geriatric Care (Old Age Care and Nutrition)Semester-II**

**Session: 2021-22**

**Developmental Stages till old Age (Theory)**

**Course Code: DGCL-2284**

**Course Outcomes:**

Upon completion of this course students will be able:

- 1) To understand the various development stages till old age.
- 2) To understand the puberty and related changes and various problems of adolescence.
- 3) To understand the various stages of adulthood.
- 4) To understand the psycho-social aspects of aging.

# Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-II

Session: 2021-22

Developmental Stages till old Age (Theory)

Course Code: DGCL-2284

L-T-P  
2-0-0

Max. Marks:100  
Theory:80  
CA:20

## Instruction for the paper setter:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A- D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section. • The fifth question may be attempted from any Section.
- Each question carry 16 marks.

## CONTENT

### Unit -I

Adolescence, Puberty and related changes Problems of adolescence

- Physical
- sexual
- social
- emotional
- Role of parents and teachers in helping them.

### Unit -II

Adulthood

1. Young adulthood
  - a) Developmental tasks of adulthood
  - b) Parenthood and other roles in society
  - c).Parenting techniques

### Unit -III

2.Middle adulthood Midlife changes in both sexes

- 3.Late adulthood
  - a) Grand parenting

### Unit -IV

Old age

- a) Retirement – a change in status.
- B). Physical and psycho-social aspects of aging.

## REFERENCE BOOKS

- 1) Essentials of life span development, Johan W santrock Mcgraw Hill publishing company
- 2) Human Development Thomas L. Crandell MC Graw Hill Publishing Company
- 3) Human Development Paplia Mc Graw Hill Publishing company
- 4) Growth and development Hurlock E.B Tata, Mac Graw Hill Company
- 5) Child Development P. Rajamal & Devads Machmulitan India Ltd.
- 6) Nutrition and Child development Rajinder Randhawa Pardeep Publications.

**Diploma in Geriatric Care (Old Age Care and Nutrition)Semester-II**  
**Session: 2021-22**  
**Skills for geriatric Care Assistance-II (Practical)**  
**Course Code: DGCP-2285**

**Course Outcomes:**

Upon completion of this course students will be able:

- 1) To understand the hygienic conditions of elderly including bathing, dressing and grooming.
- 2) To understand the importance of oral care, hair care, skin care, foot care, nail care etc.
- 3) To understand the importance of exercise for geriatric patients.
- 4) To understand the management of a Bedridden patient or patient with disabilities

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-II**  
**Session: 2021-22**  
**Skills for geriatric Care Assistance-II (Practical)**  
**Course Code: DGCP-2285**

**L-T-P**  
**0-0-4**

**Max. Marks:50**  
**Practical:40**  
**CA:10**

1. Skills in assisting or handling samples, equipment and linen
  - Handling of samples
  - Blood glucose monitoring
  - Cleaning and replacing suction bottle and tubing
  - Care of hearing aid
  - Handling of Linen
  
2. Skills related to Feeding and Elimination
  - a. • Feeding the elderly(General precautions, Serving the food, Assist in Ryle's tube feeding, Observation and reporting of unusual finding )
  - b. • Elimination Needs and Procedures
    - o Providing Urine pot
  
    - o -Diaper care
    - o -Providing Bed pan
    - o -Assist the patient to commode
    - o -Condom drainage
    - o -Cleaning and replacing urinary bag
    - o-Enema/suppository administration, and patient cleaning.

Intake output measurement
  
3. Skills in giving medicines
  - a. • Drugs administration
  - b. • Oxygen administration.
  - c. • steam inhalation,
  - d. • nebulization,
  - e. • Use of inhaler with spacer
  - f. • Eye, Nose and Ear Care (Instillation of drops)
  
4. Basic Life Support (BLS) and First Aid
  - a. • Bandaging
  - b. • Splint application for fracture
  - c. • Gastric lavage
  - d. • BLS
  
5. Helping the elderly in exercises and ambulation
  - e. • Active and passive exercises

- f. • Deep breathing and coughing exercises
- g. • Lifting and Transferring patient (bed to chair and vice versa, etc. )
- h. • Hot and cold application
  - o -Application of hot water bag
  - o-Sitz Bath
  - o -cold tepid sponge
  - o -Application of ice pack

**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-  
II Session: 2021-22**

**Internship (Practical)  
Course Code: DGCI-2286**

**Course Outcomes:**

- CO1. To understand about roles and responsibilities of geriatrician.
- CO2. To get the concept of Nutritional requirements in old age.



**Diploma in Geriatric Care (Old Age Care and Nutrition) Semester-II**  
**Session: 2021-22**  
**Internship (Practical)**  
**Course Code: DGCI-2286**

**L-T-P**  
**0-0-4**

**Max. Marks:100**

Note:

Internship Preferably in any Old Age Home or hospital setting or dietetics wing of a hospital.