



## 14. LIST OF KEY ACTIVITIES TO BE COVERED UNDER PRACTICALS

### 1) Chronic Communicable Diseases

- a) Diagnosis, treatment plan, follow-up diagnostics and management of TB, HIV, Leprosy, Malaria, Kala-azar, Filariasis and other Vector-borne diseases
- b) Use of Rapid Diagnostic Testing Kit and Lab testing for common vector-borne diseases

### 2) Management of Common Non-Communicable Diseases

- a) Hypertension-screening-use of sphygmomanometer, Screening of NCD
- b) Diabetes mellitus-screening and diagnostic test (glucometer/IV blood test-fasting and PP)
- c) Cancers - Cervical, Breast, Oral-Screening
- d) Silicosis, Fluorosis-screening and follow up care
- e) Chronic Obstructive Pulmonary Disease (COPD), and Asthma-screening,
- f) Epilepsy- screening early management and follow up care

### 3) Management of Mental Illness

- a) Detection and referral of mental illness, follow up medication
- b) Counseling/support
- c) Management of violence related concerns

### 4) Dental Care

- a) Dental hygiene - screening for gingivitis, dental caries, oral cancers
- b) Treatment for glossitis, candidiasis (look for underlying disease), aphthous ulcers

### 5) Geriatric Care

- a) Management of common geriatric ailments; counseling, supportive treatment,
- b) Pain management and provision of palliative care
- c) Identification of ADL care of assisted devices

### 6) Eye Care and ENT

- a) Visual Inspection Activity (VIA) Screening for visual acuity, cataract and for Refractive Errors
- b) Identification & Treatment of common eye problems-conjunctivitis; spring catarrh, xerophthalmia
- c) First aid for minor injuries and referral
- d) Management of common colds, ASOM, injuries, pharyngitis, laryngitis, rhinitis, URI, sinusitis
- e) WAX identification and care
- f) Suspect and refer case of deafness

### 7) Common Conditions and Emergencies

- a) Provision of first aid and stabilisation in emergency care
- b) Primary care in cases of snake bites, scorpion stings, insect bites, dog bites
- c) Stabilisation care in poisonings
- d) Stabilisation in case of drowning
- e) Minor injury, abscess management
- f) Stabilisation following trauma
- g) Suturing of superficial wounds
- h) Basic Life Support

**8) Care in Pregnancy – Maternal Health**

- a) ANC checkups including Height, Weight measurement, recording blood pressure, Hb estimation, Measurement of fundal height etc. Urine, Sugar and Albumin
- b) Identification and referral of High Risk mothers
- c) Immunisation and Iron Folic Acid and Calcium supplementation of mothers
- d) Use of MCH cards
- e) Care during Medical abortions
- f) Normal Vaginal delivery including use of Partograph

**9) Neonatal and Infant Health (0 to 1 year of age)**

- a) Complete Immunisation (RI) and Vitamin A supplementation
- b) Monitoring and Assisting Village Health Nutrition Days (VHNDs); Social mobilisation,
- c) Home Based Newborn Care and Care of common newborn illnesses,
- d) Stabilisation and referral of severe cases
- e) Acute Gastro Enteritis with mild dehydration
- f) Pneumonia case management
- f) Asphyxia management and screening of newborns at delivery points
- g) Kangaroo mother care
- h) Use of equipment, e.g. Suction machine, oxygen administrator, ambu-bag, radiant warmer, phototherapy unit, etc.

**10) Child Health, Adolescent Health**

- a) Detection & treatment of Anaemia and other deficiencies in children and adolescents
- b) Screening of 4 D's including early detection of growth abnormalities, delays in development and disability
- c) Prompt management of ARI and fever
- d) Skin infections and acute Diarrhoeas
- e) Adolescent Health- counseling and referral
- f) Nutritional assessment (including growth chart) and referral as appropriate

**11) Reproductive Health and Contraceptive Services**

- a) Counseling for Family Planning and emergency contraceptives, Insertion of IUD
- b) Access to Spacing methods including IUCD
- c) Follow up care after abortion
- d) Syndromic treatment of RTIs
- e) Gender Based Violence – Identification and counseling information about Gender Resource centre at District level (linkage with Referral centre and legal support)

**12) Management of Common Illnesses**

- a) Identification and management of common fevers, ARIs, Diarrhoeas and skin infections
- b) Management of common aches, joint pains, common skin conditions, (rash/urticaria)
- c) Management of common gastrointestinal illnesses
- d) Management of common respiratory illnesses
- e) Management of common urinary illnesses



## PROPOSED AREA WISE SCHEDULE OF PRACTICAL ACTIVITIES

### DISTRICT HOSPITAL (22 DAYS/132 HOURS)

Themes	Department	Key activities to be covered under DH posting	No. of hours	No. of sessions (1 sessions = 2 hours)	Total No. of days	Total No. of hours	Day wise schedule
1. Communicable diseases	Communicable disease department/cell and Medical department OPD	Assessment, management and follow-up of TB, HIV, Leprosy, Malaria, Kala-azar, Filariasis and other Vector-borne diseases	12	6 sessions	2	12	1
		Use of Rapid Diagnostic Testing Kit and Lab testing for common vector-borne disease					2
2. Non communicable diseases	Non communicable diseases cell + Medicine Department	Identification, Screening and referral of Cancers - oral(oral visual examination, OVE) Cervical (Visual inspection with acetic acid, VIA) , Breast( Clinical breast examination, CBE) Various blood tested urine testing	4			12	3
		Diabetes Mellitus and Hypertension - screening, medication and follow up	2		2		4
		Management of Common Respiratory problems	2	6 sessions			
		Epilepsy- screening, early management and follow up care Silticosis, Fluorosis – screening and follow up care	2				
		Occupational problems – screening and follow up care	2				
3. Mental Illness	Psychiatry department +Medical Social work	Screening, Detection, management and referral of mental illness.	6	3 Sessions	1	6	5

4. Dental Care	Dental Unit	Dental hygiene, Screening for gingivitis, dental caries, oral cancers and appropriate referral	4	3 sessions	1	6	6
		Treatment for glossitis, candidacies (look for underlying disease), aphthous ulcers	2				
5. Geriatric care	Geriatric (10 bedded)	Management of common geriatric ailments; counseling, supportive treatment	2	3 sessions	1	6	7
		Pain Management and Provision of palliative care	2				
		Identification of Assited Daily Living care & assisted devices	2				
		Visual Inspection Activity (VIA) including Screening for visual acuity, cataract and for Refractive Errors, Colour blindness	6				
6. Eye care & ENT	Otorhinolaryngology (ENT) & Ophthalmology	Identification & Treatment of common eye problems- conjunctivitis, spring catarrh, xerophthalmia, Glaucoma, Trachoma, eye injuries and referral	4	6 sessions	2	12	9
		Management of common colds, Acute Suppurative Otitis Media (ASOM), injuries, pharyngitis, Laryngitis, Rhinitis, URI & Sinusitis	2				
		Basic and advanced Life Support	2				
		Provision of first aid and stabilization in emergency care	4				
7. Common condition and emergencies	Accident & Emergency, Surgery Department	Basic surgical emergencies and Suturing & Dressing	4	9 sessions	3	18	12
		Stabilization care in poisonings, drowning, minor bites, wounds.	2				
		Treatment of Snake bites, Scorpion stings	2				
		Insect & Dog bites	2				
		Stabilization following trauma, Simple Fractures	4				



8. Care in Pregnancy	Obstetric & Gynaecology	ANC Checkup, Height, weight, Blood Pressure, fundal height measurement	4	9 sessions	3	18	13
		Haemoglobin estimation and other associated diagnostic tests required under ANC	2				14
		Normal & assisted Vaginal deliveries including Use of partograph	6				15
		Follow up/Care during Medical Abortion + recap on maternal care	6				
		Assessment and Screening of newborns at Delivery points and Stabilization and referral of serious cases	4				16
9. Neonatal and Infant Health	Paediatrics including Neonatology & Immunization clinic	Neonatal Resuscitation	2	9 sessions	3	18	17
		Assessment and management of problems IMNCI(Young infant)	4				
		Kangaroo Mother Care and Breast Feeding	2				
		Use of equipment, e.g. Suction machine, oxygen administrator, ambu-bag, radiant warmer, phototherapy unit, etc.	6				18
		Prompt management of acute respiratory infection & fever IMNCI (Sick child)	4				19
10. Child Health,	Paediatrics including Neonatology & Immunization department, Medical social work & counselling.	Detection & treatment of Anaemia	2	6 sessions	2	12	
		Other deficiencies in children	2				
		Screening of 4 D's including early detection of growth abnormalities	4				20
		Delays in development and disability	2				
		Syndromic treatment of Reproductive tract infections and referral & linkages with ICTC	4				21
11. Reproductive Health Contraceptive services and Adolescent Health	Obstetric & Gynaecology	Observe Family planning services like Tubectomy/vasectomy (Both Laparoscopic & Minilap) Other deficiencies in adolescents	4	6 sessions	2	12	
		Use of Intra-uterine contraceptive device(IUCD)	2				
		Management of abortions	2				
		Adolescent Health- counselling and referral	2				22
TOTAL			22			132	