| Practical Classes' Schedule of CCH Students 50 days w.e.f. 5 May to 26 May, 2025 |                     |                 |                      |                                   |                                 |  |                                   |   |                                    |   |  |   |                                   |  |
|--|---------------------|-----------------|----------------------|-----------------------------------|---------------------------------|--|-----------------------------------|---|------------------------------------|---|--|---|-----------------------------------|--|
| S.<br>No.  | Enrolment<br>Number | Name            | Venue<br>(Practical) | Days                              | Pates                           | Rotation Plan<br>Area Wise   | Dates                             | Rotation Plan<br>Area Wise                          | Dates                              | Rotation Plan<br>Area Wise  | Dates  | Rotation Plan<br>Area Wise  | Dates                             | Rotation Plan<br>Area Wise                               |
| 1  | 2500952800          | ANCHAL VERMA    | ZH Dharamshala       |                                   | 4 Days - 5<br>to 8 May<br>2025  | COMMUNICABLE   |                                   |   | 6 Days - 13 to 18<br>May 2025      | CARE IN PREGNANCY, NEONATAL AND INFANT HEALTH                                     |  | COMMON ILLNESS<br>AND EMERGENCIES   |                                   | MENTAL HEALTH (1<br>day), DENTAL HEALTH                  |
| 2  | 2500956261          | AMBIKA THAKUR   | ZH Dharamshala       |                                   |                                 | AND NON<br>COMMUNICABLE<br>DISEASES  | 4 Days - 9 to<br>12 May 2025      |   |                                    |   |  |   | 5 Days - 22<br>to 26 May,<br>2025 | CARE (1 day), GERIATRIC CARE (1 day), EYE (1 day), ENT   |
| 3  | 2500973130          | HEENA CHANDEL   | ZH Dharamshala       |                                   |                                 |  |                                   |   |                                    | Record Clare Self-Self-recorded - Self-record-Self-re                             |  |   |                                   | (1 day)  |
| 4  | 2500976967          | HARPREET KAUR   | ZH Dharamshala       | 22 Days<br>(including<br>Sunday & |                                 | MENTAL HEALTH (1<br>day), DENTAL<br>HEALTH CARE (1<br>day), GERIATRIC<br>CARE (1 day), EYE<br>(1 day), ENT (1 day) | 4 Days - 10<br>to 13 May<br>2025  | COMMUNICABLE<br>AND NON<br>COMMUNICABLE<br>DISEASES | 4 Days - 14 May<br>to 17 May 2025  | CHILD HEALTH AND ADOLESCENT HEALTH, REPRODUCTIVE HEALTH AND CONTRACEPTIVE DEVICES | 6 Days - 18 to<br>23 May, 2025                                   | CARE IN<br>PREGNANCY,<br>NEONATAL AND<br>INFANT HEALTH  | 3 Days - 24<br>to 26 May,<br>2025 |  |
| 5  | 2500976294          | sonam kaundal   | ZH Dharamshala       |                                   | 5 Days - 5<br>to 9 May<br>2025  |  |                                   |   |                                    |   |  |   |                                   | COMMON ILLNESS<br>AND EMERGENCIES                        |
| 6  | 2500977578          | MONIKA VERMA    | ZH Dharamshala       |                                   |                                 |  |                                   |   |                                    |   |  |   |                                   |  |
| 7  | 2500977921          | BHARTI VERMA    | ZH Dharamshala       |                                   |                                 | CARE IN PREGNANCY, NEONATAL AND INFANT HEALTH  | 3 Days - 11<br>to 13 May,<br>2025 | CARE, GERIATRIC<br>CARE, EYE, ENT                   |                                    |   | 4 Days - 17 to<br>20 May, 2025<br>4 Days - 19 to<br>22 May, 2025 | CHILD HEALTH AND ADOLESCENT HEALTH, REPRODUCTIVE HEALTH AND CONTRACEPTIVE DEVICES  COMMUNICABLE AND NON COMMUNICABLE DISEASES | 11.600.0010101011111010           |  |
| 8  | 2500978620          | SHIVANI KAUSHAL | ZH Dharamshala       | Gazetted<br>Holiday)              | 3 Days - 5<br>to 7 May<br>2025  |  |                                   |   | 4 Days - 13 May<br>to 16 May, 2025 | AND NON COMMUNICABLE DISEASES   |  |   |                                   | CARE IN PREGNANCY,<br>NEONATAL AND<br>INFANT HEALTH      |
| 9  | 2500979101          | NEHA THAKUR     | ZH Dharamshala       |                                   |                                 |  |                                   |   |                                    |   |  |   |                                   |  |
| 10   | 2500979863          | DIKSHA          | ZH Dharamshala       | .0                                |                                 |  |                                   |   | 5 Days - 14 to 18<br>May, 2025     | MENTAL HEALTH,<br>DENTAL HEALTH<br>CARE, GERIATRIC<br>CARE, EYE, ENT              |  |   |                                   | CHILD HEALTH AND   |
| 11   | 2500981583          | INDU BALA       | ZH Dharamshala       |                                   | 6 Days - 5<br>to 10 May<br>2025 |  |                                   |   |                                    |   |  |   |                                   | ADOLESCENT HEALTH, REPRODUCTIVE HEALTH AND CONTRACEPTIVE |
| 12   | 2500982698          | SHIVANI KUMARI  | ZH Dharamshala       |                                   |                                 |  |                                   |   |                                    |   |  |   |                                   | DEVICES  |
| 13   | 2500984010          | MANJUSHA SANDHU | ZH Dharamshala       |                                   | 4 Days - 5                      | CHILD HEALTH AND<br>ADOLESCENT<br>HEALTH,  | 6 Days - 9                        | CARE IN PREGNANCY, NEONATAL AND INFANT HEALTH       | 3 Days - 15 to 17                  | COMMON ILLNESS  | 5 Days - 18 to   |   | 4 Days - 22<br>to 26 May,<br>2025 | COMMUNICABLE AND NON                                     |
| 14   | 2500985552          | MINAKSHI SHARMA | ZH Dharamshala       |                                   | to 8 May<br>2025                | REPRODUCTIVE HEALTH AND CONTRACEPTIVE DEVICES  | to 14 May,<br>2025                |   | May, 2025                          | AND EMERGENCIES   |  |   |                                   | COMMUNICABLE<br>DISEASES                                 |

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

### 1) Chronic Communicable Diseases

- 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 commonvector-borne diseases

## 2) Management of Common Non-Communicable Diseases

- a) Hypertension-screening-use of sphygmomanometer, Sceening 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

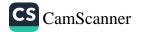
- a) Management of common geriatric ailments; counseling, supportive treatment,
- b) Pain management and provision of palliative care
- c) Identification of ADL care of assisted devices

## 6) Eye Care and ENT

- a) Visual Inspection Activity (VIA) Screening for visual acuity, cataract and for Refractive Errors
- 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
- 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
- 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

| 3. Mental Illness  |  | communicable<br>diseases   | 3 No                                      |  |  |  | diseases   | 1. Communicable   |                                      | Themes                 |   |                                       |
|--|--|--|---|--|--|--|--|---|--------------------------------------|------------------------|---|---------------------------------------|
| Psychiatry department<br>+Medical Social work                    |  | Department   | Non communicable diseases cell + Medicine |  |  |  | Medical department OPD   | Communicable disease  |                                      | Department             | DISTRIC                                       |                                       |
| Screening, Detection, management and referral of mental illness. | Occupational problems – screening and follow up care | Epilepsy- screening, early management and follow up care Silicosis, Fluorosis – screening and follow up care | Management of Common Respiratory problems | Diabetes Mellitus and Hypertension - screening, medication and follow up | acetic acid, VIA), Breast Clinical breast examination, CBE) Various blood tested urine testing | Identification, Screening and referral of Cancers - oral(oral visual examination, OVE) Cervical Visual inspection with | Use of Rapid Diagnostic Testing Kit and Lab testing for common vector- borne disease | of 1B, HIV, Leprosy, Malaria, Kala-azar, Filariasis and other Vector-borne diseases | Assessment, management and follow-up |                        | Key activities to be covered under DH posting | DISTRICT HOSPITAL (22 DAYS/132 HOURS) |
| 6  | 2  | 2  | 2   | 2  | 4  |  |  | 12  |                                      |                        | No. of<br>hours                               | 132 H                                 |
| 3 Sessions   |  |  | 6 sessions                                |  |  |  |  | 6 sessions  |                                      | sessions = 2<br>hours) | No. of<br>sessions (1                         | OURS)                                 |
| 1  |  |  |   | 2  |  |  |  |   | days                                 | Total<br>No. of        |   |                                       |
| 6  |  |  |   |  | 12   |  |  | 12  |                                      | hours                  | Total<br>No. of                               |                                       |
| 5  |  |  |   | 4  |  | 2  |  | 1   | schedule                             | Day<br>wise            |   |                                       |

Appendix-1

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



| T     |  |                         |   |   | 1                                     |  |                                      |   |                                | 10                               | -00   | 1933                             | 1   | 1990                                    | 19000   | 1911                   | 9.  |   |  | 00  |  |  |
|-------|--|-------------------------|---|---|---------------------------------------|--|--------------------------------------|---|--------------------------------|----------------------------------|---|----------------------------------|---|---|---|------------------------|---|---|--|---|--|--|
| TOTAL |  | Health                  | Adolescent                                      | Contraceptive<br>services and   | 11. Reproductive                      |  |                                      |   |                                | 10. Child Health,                |   | 9. Neonatal and<br>Infant Health |   |   |   |                        |   |   | 8. Care in<br>Pregnancy  |   |  |  |
|       | Obstetric &<br>Gynaecology                 |                         |   |   |                                       |  |                                      | Paediatrics including Neonatology & Immunization department, Medical social work & counselling. |                                |                                  |   |                                  | Paediatrics including<br>Neonatology &<br>Immunization clinic                   |   |   |                        |   |   | Obstetric &<br>Gynaecology                                       |   |  |  |
|       | Adolescent Health- counseling and referral | Management of abortions | Use of Intra-uterine contraceptive device(IUCD) | Tubectomy/vasectomy (Both Laparoscopic & Minilap) Other deficiencies in adolescents | Observe Family planning services like | Syndromic treatment of Reproductive tract infections and referral & linkages with ICTC | Delays in development and disability | Screening of 4 D's including early detection of growth abnormalities                            | Other deficiencies in children | Detection & treatment of Anaemia | Prompt management of acute respiratory infection & fever IMNCI (Sick child) | warmer, phototherapy unit, etc.  | Use of equipment, e.g. Suction machine, oxygen administrator, ambu-bag, radiant | Kangaroo Mother Care and Breast Feeding | Assessment and management of problems IMNCI(Young infant) | Neonatal Resuscitation | Assessment and Screening of newborns at Delivery points and Stabilization and referral of serious cases | Follow up/Care during Medical Abortion + recap on maternal care | Normal & assisted Vaginal deliveries including Use of partograph | Haemoglobin estimation and other associated diagnostic tests required under ANC | ANC Checkup, Height, weight, Blood Pressure, fundal height measurement |  |
|       | 2  | 2                       | 4   |   | 4                                     |  | 2                                    | 4   | 2                              | 2                                | 4   |                                  | 6   | 2                                       | 4   | 2                      | 4   | 6   | 6  | 2   | 4  |  |
|       | 6 sessions                                 |                         |   |   |                                       |  |                                      | 6 sessions  |                                |                                  |   | 9 sessions                       |   |   |   |                        | 9 sessions  |   |  |   |  |  |
| 22    | 2 2  |                         |   |   |                                       |  |                                      |   | w                              |                                  |   |                                  |   |   | ديا   |                        |   |   |  |   |  |  |
| 132   | 12   |                         |   |   |                                       |  |                                      |   | i                              | 13                               |   | 18                               |   |   |   |                        |   | 18  |  |   |  |  |
|       | 21   |                         |   |   |                                       |  |                                      | 20  | Y.                             |                                  | 19  | 16                               |   |   |   |                        | 13<br>14<br>15  |   |  |   |  |  |

