

**INDIRA GANDHI NATIONAL OPEN UNIVERSITY**  
**REGIONAL CENTRE, VARANASI**

**CONDENSED COUNSELING SCHEDULE FOR PRACTICAL SESSIONS – JULY 2023 SESSION**

LEARNER SUPPORT CENTRE IMS, BHU

PROGRAMME NAME CHBHC

SEMESTER/YEAR JULY 2023 SESSION

| Session | Date       | Block                                           | Items needed                                                                                                                                                                                                                           | Duration                                               |               | Time                  | Academic Counsellor's Name |
|---------|------------|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|---------------|-----------------------|----------------------------|
|         |            |                                                 |                                                                                                                                                                                                                                        |                                                        |               |                       |                            |
| 1       | 27/10/2023 | Skill – 1<br>History taking skills              | Pen notebook<br>Collecting history from a classmate/ study centre provided person                                                                                                                                                      | 1 hour interaction and discussion                      | 10am – 11 am  | Dr. Poonam Jyoti Rana |                            |
|         |            |                                                 |                                                                                                                                                                                                                                        | 1 hour return demonstration                            | 11 am – 12 pm |                       |                            |
| 2       | 28/10/2023 | Skill - 2<br>House Keeping Skills               | Two bed sheets<br>One bath towel<br>One dummy / doll(if possible/ else a rolled towel)<br>Tissue paper<br>Water – one glass<br>Newspaper                                                                                               | 2 hours for self- doing history collection from others | 12 pm – 2 pm  | Dr. Poonam Jyoti Rana |                            |
|         |            |                                                 |                                                                                                                                                                                                                                        | 1 hour interaction and discussion                      | 10am – 11 am  |                       |                            |
|         |            |                                                 |                                                                                                                                                                                                                                        | 1 hour return demonstration                            | 11 am – 12 pm |                       |                            |
| 3       | 30/10/2023 | Skill - 3<br>Skills Related to Personal Hygiene | <ul style="list-style-type: none"> <li>• One pair of sterile gloves of your size(if that is not available clean gloves can be used for practice)</li> <li>• Cotton balls minimum 6</li> <li>• Pair of tweezers if available</li> </ul> | 2 hours for self- doing spill management               | 12 pm – 2 pm  | Dr. Poonam Jyoti Rana |                            |
|         |            |                                                 |                                                                                                                                                                                                                                        | 1 hour interaction and discussion                      | 10am – 11 am  |                       |                            |
|         |            |                                                 |                                                                                                                                                                                                                                        | 1 hour return demonstration                            | 11 am – 12 pm |                       |                            |
|         |            |                                                 |                                                                                                                                                                                                                                        | 2 hours for self- doing back care                      | 12 pm – 2 pm  |                       |                            |

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| 4 | 31/10/2023 | Skill - 4 TPR<br>Measurement of<br>Vital Signs -<br>Temperature,<br>Pulse and<br>Respiration (TPR) | <ul style="list-style-type: none"> <li>One glass water</li> <li>One bath towel</li> <li>Two bedsheets</li> </ul> Thermometer - digital and mercury or whichever is available.<br>One white paper, scale and pen | 1 hour interaction and discussion<br>1 hour return demonstration<br>2 hours for self- doing TPR                                                                                                                       | 10am - 11 am<br>11 am - 12 pm<br>12 pm - 2 pm | Dr. Poonam Jyoti<br>Rana |
| 5 | 01/11/2023 | Skill - 5<br>Measurement of<br>Blood Pressure                                                      | Digital / manual BP apparatus if available<br>Stethoscope if available                                                                                                                                          | 1 hour interaction and discussion<br>1 hour return demonstration<br>2 hours for self- doing blood pressure monitoring                                                                                                 | 10am - 11 am<br>11 am - 12 pm<br>12 pm - 2 pm | Dr. Poonam Jyoti<br>Rana |
| 6 | 02/11/2023 | Skill - 6<br>Giving positions<br>with Use of<br>comfort Devices                                    | Minimum three pillows<br>Two towel rolls<br>Bed                                                                                                                                                                 | 1 hour interaction and discussion<br>1 hour return demonstration<br>2 hours for self- demonstrating different positions using comfort devices available at home.<br>Marking pressure points in each position on paper | 10am - 11 am<br>11 am - 12 pm<br>12 pm - 2 pm | Dr. Poonam Jyoti<br>Rana |
| 7 | 03/11/2023 | Skill - 7<br>Helping the<br>Patient in<br>Exercises                                                | Nil                                                                                                                                                                                                             | 1 hour interaction and discussion<br>1 hour return demonstration<br>2 hours for self- demonstrating active and passive exercises                                                                                      | 10am - 11 am<br>11 am - 12 pm<br>12 pm - 2 pm | Dr. Poonam Jyoti<br>Rana |
| 8 | 04/11/2023 | Skill - 8<br>Skills in Giving<br>Medicines                                                         | Any common medicine strips available at home                                                                                                                                                                    | 1 hour interaction and discussion<br>1 hour return demonstration                                                                                                                                                      | 10am - 11 am<br>11 am - 12 pm                 | Dr. Poonam Jyoti<br>Rana |

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|    |            |                                                                         | Ointment / injections(Insulin) if available<br>Disposable syringe<br>• 5 cc (one)<br>• Insulin (one)<br>One bottle gourd - lauki(vegetable)/Orange for practicing insulin injection | 2 hours self- demonstrating oral medication and injections                                                                                                                     | 12 pm – 2 pm                                  | Dr. Poonam Jyoti Rana |
| 9  | 06/11/2023 | Skill - 9<br>Skills Related to Collection and testing of Sample at Home | Glucometer with strips (if available )                                                                                                                                              | 1 hour interaction and discussion<br>1 hour return demonstration<br>2 hours for self practice                                                                                  | 10am – 11 am<br>11 am – 12 pm<br>12 pm – 2 pm | Dr. Poonam Jyoti Rana |
| 10 | 07/11/2023 | Skill - 10<br>Skills Related to the Nutritional Needs                   | Water<br>Sugar and salt for ORS preparation<br>Intake output chart on a white paper(format given on page 30 practical manual II)                                                    | 1 hour interaction and discussion<br>1 hour return demonstration<br>2 hours Do a 24 hour intake output chart for self and submit.                                              | 10am – 11 am<br>11 am – 12 pm<br>12 pm – 2 pm | Dr. Poonam Jyoti Rana |
| 11 | 09/11/2023 | Skill - 11<br>Skills Related to the Elimination Needs                   | Review page 20 and 21 – reproductive and urinary system from theory book 2                                                                                                          | 1 hour interaction and discussion<br>1 hour return demonstration<br>Watch videos on colostomy care and list out the complications to watch out for in a patient with colostomy | 10am – 11 am<br>11 am – 12 pm<br>12 pm – 2 pm | Dr. Poonam Jyoti Rana |
| 12 | 10/11/2023 | Skill - 12<br>Skills is Giving Inhalation                               | Any oxygenation devices available<br>Nebulizers/ steam inhalators                                                                                                                   | 1 hour interaction and discussion<br>1 hour return demonstration<br>2 hours Nebulizers (if available)/steam inhalation at home                                                 | 10am – 11 am<br>11 am – 12 pm<br>12 pm – 2 pm | Dr. Poonam Jyoti Rana |

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| 13 | 11/11/2023 | Skill - 13<br>Skills in Dressing<br>and<br>Suction             | Cotton balls<br>Bandage<br>Antiseptic liquid<br>Sterile gloves/ clean gloves (as<br>per availability) | 1 hour interaction and discussion                                                                                          | 10am – 11 am  | Dr. Poonam Jyoti<br>Rana |
|    |            |                                                                |                                                                                                       | 1 hour return demonstration                                                                                                | 11 am – 12 pm |                          |
| 14 | 20/11/2023 | Skill - 14<br>Skills Related to<br>Hot and Cold<br>Application | Hot water bag (if available)<br>5 handkerchiefs<br>gauze bandage roll and scissors                    | Watch videos on tracheostomy<br>care and list out the complications<br>to watch out for in a patient with<br>tracheostomy. | 12 pm – 2 pm  | Dr. Poonam Jyoti<br>Rana |
|    |            |                                                                |                                                                                                       | 1 hour interaction and discussion                                                                                          | 10am – 11 am  |                          |
| 15 | 21/11/2023 | Skill - 15<br>Assist the Patient<br>in<br>Ambulation           | Ambulatory devices- crutches/<br>wheelchair if available                                              | 1 hour return demonstration                                                                                                | 11 am – 12 pm | Dr. Poonam Jyoti<br>Rana |
|    |            |                                                                |                                                                                                       | Record health education for a<br>patient with fever explaining the<br>use of cold application.                             | 12 pm – 2 pm  |                          |
| 16 | 22/11/2023 | Skill - 16<br>Educating and<br>Assisting in Self<br>Care       | Nil                                                                                                   | 1 hour interaction and discussion                                                                                          | 10am – 11 am  | Dr. Poonam Jyoti<br>Rana |
|    |            |                                                                |                                                                                                       | 1 hour return demonstration                                                                                                | 11 am – 12 pm |                          |
|    |            |                                                                |                                                                                                       | Watch videos on self-care and<br>record a video giving health<br>education on self-care during<br>climate changes          | 12 pm – 2 pm  |                          |

Total 16 sessions @ 4 hours per session by Academic Counsellor for demonstration and return demonstration by the student is mandatory.  
Student must do self-practice of the procedures after learning from the Academic counsellor.

*Poonam Jyoti Rana*  
 Signature of the Academic Counsellor/Mentor:  
 Assistant Professor  
 COLLEGE OF NURSING IMS  
 B.H.U., VARANASI-221005

19/10/23