

# CBSE | DEPARTMENT OF SKILL EDUCATION

## CURRICULUM FOR SESSION 2025-2026

### HEALTH CARE (SUBJECT CODE - 413)

JOB ROLE: GENERAL DUTY ASSISTANT CLASS – X

#### **COURSE OVERVIEW:**

This is the basic course in Health Care where students will get the exposure to work in Hospital. The subject gives them a vast and wide insight of the traditional and contemporary aspects in Health care. The input of basic fundamentals, coupled with the practical knowledge.

#### **OBJECTIVES OF THE COURSE:**

In this course, followings are the main objectives of this course.

- To train paramedical staff for providing quality service to the society.
- To understand the effective communication, identification of hazards and their management.
- To understand the rules and regulations to be followed by a General Duty Assistant in a hospital.
- To understand the clinical duties that include taking and recording vital parameters, medical histories, preparing patients for examination and dispensing medical prescription.
- To understand administrative duties that include scheduling appointments, maintaining a rapport between patients and hospital administration.

#### **SALIENT FEATURES:**

- To understand the basic requirements of GDA like analytical skills, mechanical aptitude, good vision, coordination and self-discipline.
- To train the GDA with work ethics, characterized by dedication and persistence, and ability to deal tactfully with patients.
- To understand the utility of daily living activities.
- To have an elementary knowledge of common health problems and the procedures to deal with them.
- This course will empower the students to gain insights into what health care practitioners actually do and the decisions they have to make in day to day life of hospital. This course is an effort to taught health care in more creative and visual way with the coverage of advances in new technology and the social web and how to take advantage of these in paramedic context.

## **LIST OF EQUIPMENT AND MATERIALS:**

The list given below is suggestive and an exhaustive list should be prepared by the skill teacher. Only basic tools, equipment and accessories should be procured by the Institution so that the routine tasks can be performed by the students regularly for practice and acquiring adequate practical experience.

### **Material Required:**

1. Shelves for Stacking Products

### **Medical room containing the following: -**

1. Sphygmomanometer
2. Thermometer
3. Wall Mounted Stadiometers
4. Weighing scale
5. Hospital bed with pillow
6. Side Table or tray
7. Bedside small stool
8. Hospital Stretchers
9. Blanket
10. First Aid box
11. Sanitizers
12. Wheel Chair
13. Nebulizer
14. Mattresses
15. Small Wastebasket or a bucket lined with a plastic garbage bag
16. Clock
17. Good source of light
18. Large bottle for water
19. Clipboard with paper and a pen for writing in the daily log
20. Bell or noisemaker to call for assistance

21. Cotton balls
22. Rubbing alcohol
23. Measuring cup capable for holding 250 ml
24. Aprons for GDA
25. Latex household cleaning gloves for GDA
26. Disposable vinyl gloves
27. N95 respiratory masks for use when sick person is coughing or sneezing
28. Medicines like Ibuprofen for reducing fever, sore throat and muscle aches
29. ORS to prevent dehydration
30. Good ventilation

### **CAREER OPPORTUNITIES**

This basic course of Health Care will teach the students to learn how to analyze customer demand and promote good care to patients in hospital. This course will allow students to work in many different areas of paramedical departments. While all teach health care concept, this course is tailored for particular objective in order to most effectively prepare the students for their paramedic career.

- Paramedical staff
- Nurse
- General Duty Assistance

### **VERTICAL MOBILITY:**

This course will assist the participating students to further update their career by vertically moving either to B.Sc Nursing and health care oriented applied undergraduate courses of different university.

### **CURRICULUM:**

This course is a planned sequence of instructions consisting of Units meant for developing employability and Skills competencies of students of Class X opting for Skills subject along with other subjects.

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## CURRICULUM FOR SESSION 2025-2026

**HEALTH CARE (SUBJECT CODE - 413)**

**CLASS – X (SESSION 2025-2026)**

**Total Marks: 100 (Theory-50 + Practical-50)**

	UNITS	NO. OF HOURS for Theory and Practical	MAX. MARKS for Theory and Practical
<b>Part A</b>	<b>Employability Skills</b>		
	Unit 1: Communication Skills-II	13	2
	Unit 2: Self-Management Skills-II	07	2
	Unit 3: ICT Skills-II	13	2
	Unit 4: Entrepreneurial Skills-II	10	2
	Unit 5: Green Skills-II	07	2
	<b>Total</b>	<b>50</b>	<b>10</b>
<b>Part B</b>	<b>Subject Specific Skills</b>		
	Unit 1: Hospital Structure and functions	25	10
	Unit 2: Introduction to care plan and care of Patients	20	05
	Unit 3: Sterilization and Disinfection	20	05
	Unit 4: Basic first aid and emergency medical relief	25	10
	Unit 5: Structure Functions and Nutrition	10	05
	Unit 6: Public Relations in hospital	10	05
<b>Total</b>	<b>110</b>	<b>40</b>	
<b>Part C</b>	<b>Practical Work</b>		
	Project	60	10
	Viva		05
	Practical File		15
	Demonstration of skill competency via Lab Activities		20
<b>Total</b>	<b>60</b>	<b>50</b>	
<b>GRAND TOTAL</b>		<b>220</b>	<b>100</b>

## DETAILED CURRICULUM/TOPICS: X

### Part-A: EMPLOYABILITY SKILLS

S. No.	Units	Duration in Hours
1.	Unit 1: Communication Skills-II	13
2.	Unit 2: Self-management Skills-II	07
3.	Unit 3: Information and Communication Technology Skills-II	13
4.	Unit 4: Entrepreneurial Skills-II	10
5.	Unit 5: Green Skills-II	07
	<b>TOTAL DURATION</b>	<b>50</b>

Detailed Curriculum/ Topics to be covered under Part A: Employability Skills can be downloaded from CBSE website.

### Part-B – SUBJECT SPECIFIC SKILLS

S. No.	Units	Duration in Hours
1.	Unit 1: Hospital Structure and functions	25
2.	Unit 2: Introduction to care plan and care of Patients	20
3.	Unit 3: Sterilization and Disinfection	20
4.	Unit 4: Basic first aid and emergency medical relief	25
5.	Unit 5: Structure Functions and Nutrition	10
6.	Unit 6: Public Relations in hospital	10
	<b>TOTAL DURATION</b>	<b>110</b>

UNIT	SUB-UNIT	SESSION/ ACTIVITY/ PRACTICAL
1. Hospital Structure and functions	1.1 Describe Healthcare Delivery Systems	<b>Session:</b> Roles and function of hospitals.
		<b>Activity:</b> Prepare a chart depicting the roles and functions of the various departments, professionals and supportive staff of the hospital.
	1.2 Describe the Role of Supporting Departments in a Hospital	<b>Session:</b> The Role and function of various supporting department in the Hospital.
		<b>Activity:</b> Prepare a chart showing the chain of commands in various departments.

	<b>1.3 Classify Hospitals</b>	<b>Session:</b> Understanding the classification of hospitals <ul style="list-style-type: none"> <li>• State the criteria used for classify the hospitals.</li> <li>• Describe the different levels of medical care.</li> </ul>
<b>UNIT</b>	<b>SUB-UNIT</b>	<b>SESSION/ ACTIVITY/ PRACTICAL</b>
		<b>Activity:</b> Internet search on hospitals and classify them on the basis of bed strength, specialty and level of medical care.
	<b>1.4 Describe the Role of and Function of General Duty Assistant/ Patient Care Assistant</b>	<ul style="list-style-type: none"> <li>• <b>Session:</b></li> <li>• Understanding the Roles and functions of General Duty Assistant.</li> <li>• Understanding the various activities/ tasks that should be performed by GDA to effectively discharge his/ her duties and responsibilities in hospital.</li> </ul>
		<b>Activity :</b> Draw a diagram depicting the roles and functions of GDA.
	<b>1.5 Understanding the Qualities of a General Duty -Assistant/ Patient Care Assistant</b>	<ul style="list-style-type: none"> <li>• <b>Session:</b></li> <li>• Qualities of a Good General Duty Assistant.</li> <li>• Assistant in the hospital</li> </ul>
<b>2. Introduction to care plan and care of Patients</b>	<b>2.1 Describe the Role of General Duty Assistant/ Patient Care Assistant in Care Plan</b>	<b>Session:</b> Understanding the Role of General Duty Assistant in preparation and implementation of Care Plan.
	<b>2.2 Feeding a Patient</b>	Types of Diets Served in Hospital <b>Session:</b> <ul style="list-style-type: none"> <li>• Describing the characteristics of a healthy person.</li> <li>• Describing the various types of diets and their importance with regard to nutrition.</li> </ul> <b>Activity:</b> Prepare a diet chart for feeding a patient.
	<b>2.3 Identify Vital Signs</b>	Preparations for taking temperature <b>Session:</b> <ul style="list-style-type: none"> <li>• Listing the important vital signs of the body</li> <li>• Describing the abnormal vital signs.</li> </ul>
		<b>Practical:</b> <ul style="list-style-type: none"> <li>• Performing the procedures and recording being done for vital signs like Temperature, Pulse</li> <li>• Measuring the blood pressure, heart rate, temperature and BMI and respiratory rate.</li> </ul>
<b>2.4 Make Bed for Patient</b>	<b>Practical/ Demonstration:</b> <ul style="list-style-type: none"> <li>• Preparing Bed for Patients</li> <li>• Understanding the features and importance of various types of bed in a hospital.</li> <li>• Describing the various steps of bed making.</li> <li>• Understanding the role and function of General Duty Assistant in bed making.</li> </ul>	

	<b>2.5 Demonstrate Patient Positioning</b>	<b>Practical/Demonstration:</b> <ul style="list-style-type: none"> <li>• Prepare a chart of the various position in which patients are placed on the bed.</li> <li>• Describing therapeutic position.</li> <li>• Describing the importance of Fowler's position</li> <li>• Enlisting various position of patients.</li> </ul>
<b>UNIT</b>	<b>SUB-UNIT</b>	<b>SESSION/ ACTIVITY/ PRACTICAL</b>
<b>3. Sterilization and Disinfection</b>	<b>3.1</b> Describe the Disease Causing Microorganisms, COVID-19	<b>Session:</b> <ul style="list-style-type: none"> <li>• What is disease?</li> <li>• What is the process of infection due to microbes?</li> <li>• What is pathogen?</li> <li>• What are the three vertices of the epidemiological triangle?</li> <li>• Differentiation between different types of microorganisms.</li> </ul> <b>Activity:</b> Prepare a chart about the common causes of diseases.
	<b>3.2</b> Describe the Causal Agents of Common Human Diseases	<b>Session:</b> <ul style="list-style-type: none"> <li>• State the common diseases.</li> <li>• Enlisting the names of bacteria and viruses causing diseases in human.</li> </ul> <b>Activity:</b> Preparing Charts about common human diseases, their source of infection and causal agents.
	<b>3.3</b> Understanding the Role of Hospital Personnel in Prevention and Control of Hospital Acquired Infections	<b>Session:</b> <ul style="list-style-type: none"> <li>• Describing the meaning of Hospital Acquired Infection (HAI)</li> <li>• Describing the activities to be performed by GDA for controlling.</li> </ul> <b>Activity:</b> Prepare chart about the activities performed by various professional in prevention of microorganism or hospital acquired infection.
	<b>3.4</b> Disinfection of Wards and Equipment	Sterilization, Common Methods of Disinfection in Hospital <b>Session:</b> <ul style="list-style-type: none"> <li>• Stating the difference between antiseptic, sterilization and disinfectant.</li> <li>• Differentiating between the physical agents and chemical agents used in disinfection and sterilization.</li> </ul> <b>Activity:</b> The students will prepare chart about the Common Methods of Disinfection in Hospital
	<b>4.1</b> Describe Principles and Rules of First Aid	<b>Session:</b> Principles and Rules of First Aid.
<b>4. Basic first aid and emergency</b>		

medical relief	<b>4.2</b> Identify Facilities, Equipment and Materials for First Aid	Provision of the first aid and early transfer to nearest hospital <b>Session:</b> • Describe the facilities and materials used for administering First Aid. <b>Practical:</b> Preparation of First aid box.
	<b>4.3</b> First Aid for Emergencies	<b>Session:</b> Role of First Aider in fever, heat stroke, back pain, asthma and food borne illness. <b>Practical:</b> Perform activities for measuring and controlling temperature
<b>UNIT</b>	<b>SUB-UNIT</b>	<b>SESSION/ ACTIVITY/ PRACTICAL</b>
	<b>4.4</b> First Aid in Common Emergencies	Taking Body Temperature <b>Activity/ Project:</b> Practice First Aid on a dummy with the help of a First Aider.
5. Structure Functions and Nutrition	<b>5.1</b> Identify the Parts of Human Body	<b>Session:</b> • Describing the various terms of anatomy and physiology. • Describing functions of various tissues and bones in human body <b>Activity:</b> The students will identify the organs in human model shown to them.
	<b>5.2</b> Describe the Role of Nutrition in the Growth and Development of Human Body	<b>Session:</b> • Describing the role of various nutrients and vitamins. •Describe the importance of a balanced diet. <b>Activity:</b> Preparing a balanced diet.
6. Public Relations in hospital	<b>6.1</b> Describe the Role and Functions of Receptionist	<b>Session:</b> Understanding the role and functions of Receptionist.
	<b>6.2</b> Responding to Emergency Calls	<b>Session:</b> Understanding the situation and responding in emergency calls.
	<b>6.3</b> Using Computers in Maintaining Public Relations	<b>Session:</b> Using computers in maintaining public relations. <b>Activity:</b> Project work based on the data entering in computer.
	<b>6.4</b> Dealing with Patients Attendants	<b>Activity/Project:</b> Performing the role play on handling the patient's relative to emergency situation.

## **PRACTICAL GUIDELINES FOR CLASS - X**

### **Assessment of performance:**

The two internal examiners, assigned for the conduct and assessment of Practical Examinations each in **Secondary School Curriculum (Under NSQF)**. Question for the viva examinations should be conducted by both the examiners. Question to be more of General nature, project work or the curriculum. Investigatory Project especially those that show considerable amount of effort and originality, on the part of the student, should get suitable high marks, while project of a routine or stereotyped nature should only receive MEDIOCRE marks.

### **Procedure for Record of Marks in the Practical answer-books:**

The examiner will indicate separately marks of practical examination on the title page of the answer books under the following heads:-

#### **Project -10 marks**

Projects for the final practical is given below .Student may be assigned

#### **Viva based on Project -05 marks**

The teacher conducting the final practical examination may ask verbal questions related to the project, if any, done by the student. Alternatively, if no project has been assigned to the students, viva may be based on questions of practical nature from the field of subject as per the Curriculum

#### **Practical File -15 Marks**

Students to make a power point presentation / assignment / practical file / report. Instructor shall assign them any outlet to study the elements in retailing.

Suggested list of Practical –

1. The students will enlist the roles and functions of various departments, professionals and supportive staff of hospital in file.
2. Students will draw diagram depicting the roles and functions of GDA.
3. Students will assume them as Health Care Staff and prepare cards for them by denoting the good qualities they should possess as GDA.
4. As health care provider the students will prepare diet chart for patients with different conditions like diabetes, pregnancy, anaemia, elderly etc.

5. The students will measure the blood pressure, heart rate, temperature and BMI of volunteers in school.
6. The students will prepare bed for patients.
7. As health care provider the students will place different volunteers on bed as patients are placed on bed according to different situations.
8. The students will prepare Charts about common human diseases, their source of infection and causal agents to generate awareness among students and teachers
9. The students will use chemical disinfectants in medical room to ensure the reuse of glassware periodically.
10. Students will decorate the board about prevention of microorganisms to create awareness on World Health Day, 7th April.
11. Students will perform Airway Breathing Circulation on dummy
12. The students will enlist the methods of sterilization and disinfections, that can be followed in medical room, in their file.
13. The students will prepare their own first aid box.
14. The Students will practice First Aid on dummy.
15. The students will make working model of different body systems like Circulatory System, Respiratory System, Urinary System, Cardiovascular System etc.
16. Students will prepare balanced diet plan for all age group people like infants

### **Demonstration of skill competency in Lab Activities -20 marks**

#### **Guidelines for Project Preparation:**

The final project work should encompass chapters on:

- a) Introduction,
- b) Identification of core and advance issues,
- c) Learning and understanding and
- d) Observation during the project period.