

# CBSE | DEPARTMENT OF SKILL EDUCATION

## CURRICULUM FOR SESSION 2026-2027

**HEALTH CARE (SUBJECT CODE - 813)**

**JOB ROLE: General Duty Assistant**

**CLASS - XII**

### **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 will be given to the students to help them in understanding of basic duties of General Duty Assistant.

### **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.

### **SALIENT FEATURES:**

- 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 includes 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

### **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 for Health Care /Medical room containing the following: -**

- Sphygmomanometer
- Thermometer
- Wall Mounted Stadiometers
- Weighing scale
- Hospital bed with pillow

- Side Table or tray
- Bedside small stool
- Hospital Stretchers
- Blanket
- First Aid box
- Sanitizers
- Wheel Chair
- Nebulizer
- Mattresses
- Small Wastebasket or a bucket lined with a plastic garbage bag
- Clock
- Good source of light
- Large bottle for water
- Clipboard with paper and a pen for writing in the daily log
- Bell or noisemaker to call for assistance
- Cotton balls
- Rubbing alcohol
- Measuring cup capable for holding 250 ml
- Aprons for GDA
- Latex household cleaning gloves for GDA
- Disposable vinyl gloves
- N95 respiratory masks for use when sick person is coughing or sneezing
- Medicines like Ibuprofen for reducing fever, sore throat and muscle aches
- ORS to prevent dehydration
- 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, which can range from Paramedical staff to nurse and GDA

### **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 XII opting for Skills subject along with other subjects.

# CBSE | DEPARTMENT OF SKILL EDUCATION

## CURRICULUM FOR SESSION 2025-2026

**HEALTH CARE (SUBJECT CODE - 813)**

**Total Marks: 100 (Theory-60 + Practical-40)**

	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-IV	13	2
	Unit 2 : Self-Management Skills-IV	07	2
	Unit 3 : ICT Skills-IV	13	2
	Unit 4 : Entrepreneurial Skills-IV	10	2
	Unit 5 : Green Skills-IV	07	2
	<b>Total</b>	<b>50</b>	<b>10</b>
<b>Part B</b>	<b>Subject Specific Skills</b>		
	Unit 1: Medical record/ Documentation	10	05
	Unit 2: Role of General Duty Assistant in Elderly Care and Child Care	30	10
	Unit 3: Bio waste Management	20	10
	Unit 4: Operation Theatre	20	05
	Unit 5: Role of General Duty Assistant in Disaster Management and Emergency response	20	10
	Unit 6: Self-Management and Career Scope	20	10
	<b>Total</b>	<b>120</b>	<b>50</b>
<b>Part C</b>	<b>Practical Work</b>		
	Project	90	10
	Viva		05
	Practical File		15
	Demonstration of skill competency via Lab Activities		10
	<b>Total</b>		<b>90</b>
<b>GRAND TOTAL</b>		<b>260</b>	<b>100</b>

## DETAILED CURRICULUM/TOPICS: XII

### Part-A: EMPLOYABILITY SKILLS

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

**Note:** The 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: Medical record/ Documentation	10
2.	Unit 2: Role of General Duty Assistant in Elderly Care and Child Care	30
3.	Unit 3: Bio waste Management	20
4.	Unit 4: Operation Theatre	20
5.	Unit 5: Role of General Duty Assistant in Disaster Management and Emergency response	20
6.	Unit 6: Self-Management and Career Scope	20
	<b>TOTAL DURATION</b>	<b>120</b>

UNIT	SUB-UNIT	SESSION/ ACTIVITY/ PRACTICAL
1. Medical record/ Documentation	1.1 Preparing medical record	<b>Session:</b> Understanding about <ul style="list-style-type: none"><li>• Purpose of Documentation</li><li>• Patient Documentation</li></ul>
	1.2 Principles of documentation	<b>Session:</b> Understanding the basic principle of Documentation.
	1.3 Content of medical documentation	<b>Session:</b> Understanding the classification of hospitals <ul style="list-style-type: none"><li>• Content of documentation.</li><li>• Type of entries.</li></ul> <b>Activity:</b> Prepare the chart on different types of entries of Patient.
	1.4 Maintaining record	<b>Session:</b> Understanding about <ul style="list-style-type: none"><li>• Source oriented medical record.</li><li>• Problem oriented medical record.</li></ul>

UNIT	SUB-UNIT	SESSION/ ACTIVITY/ PRACTICAL
		<ul style="list-style-type: none"> <li>• Documentation format.</li> <li>• Maintenance of record.</li> <li>• Types of records.</li> <li>• Role of GDA in maintaining record.</li> </ul> <p><b>Activity :</b></p> <ul style="list-style-type: none"> <li>• Preparing and maintaining of the medical record of the sick students who are coming to medical room.</li> <li>• Preparing medical form (containing personal details and past medical history) for sick students who will come to Medical room.</li> </ul>
2. Role of General Duty Assistant in Elderly Care and Child Care	2.1 Introduction to care of elderly	<p><b>Session:</b> Understanding about</p> <ul style="list-style-type: none"> <li>• Thinking about Elderly people</li> <li>• Myths and Fact about Aging.</li> </ul> <p><b>Activity:</b> Decorating the board about the elderly care in school to create awareness about the Myths and Facts of elderly people.</p>
	2.2 Age related changes in people	<p><b>Session:</b></p> <p>Understanding about the physical changes that take place with age.</p>
	2.3 Basic needs of elderly	<p><b>Practical/Demonstration:</b></p> <p>Presenting the views about different needs of elderly people by preparing charts and flash cards.</p>
	2.4 Taking care of common problems of elderly	<p><b>Session:</b> Understanding about common problems of elderly people.</p> <p><b>Activity:</b> Arranging seminars to discuss about the ways of taking care of elderly people in school to encourage the young students to take care of elderly people who are living around us.</p>
	2.5 Caring for infants and children	<p><b>Session:</b> Understanding about</p> <ul style="list-style-type: none"> <li>• Growth and development of Children</li> <li>• Keeping child safe</li> <li>• Taking care of nutrition in Children</li> <li>• Common disorders in adolescence</li> </ul> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Measuring the vital signs (Heart Rate, Respiration Rate, Blood Pressure and Temperature).</li> <li>• Decorating the board about the basic needs of Adolescents and dealing with the problems related to the adolescent stage to create awareness.</li> </ul>
3. Bio waste Management	3.1 Introduction to bio-medical waste management	<p><b>Session:</b> Understanding about</p> <ul style="list-style-type: none"> <li>• Sources of biomedical waste</li> <li>• Disposal of waste</li> </ul>
	3.2 Sources and disposal of bio-medical waste	<p><b>Session:</b> Understanding about</p> <ul style="list-style-type: none"> <li>• Transportation of biomedical wastes.</li> </ul>
	3.3 Segregations and transportation of bio medical waste	<p><b>Session:</b> Understanding the role of Hospital staff in waste management.</p> <p><b>Activity:</b> Prepare chart to explain the roles of different hospital staff in management of Hospital waste.</p>

UNIT	SUB-UNIT	SESSION/ ACTIVITY/ PRACTICAL
	3.4 Role of hospital staff in bio-medical waste management	<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>
4. Operation Theatre	4.1 Zones and areas in operation theatre complex	<b>Session:</b> Understanding about the aims of planning of operation theatre (OT) and the zones and areas in Operation Theatre complex.
	4.2 Organization of operation theatre (to)	<b>Session:</b> Understanding about <ul style="list-style-type: none"> <li>The range of equipment of operation theatre (O.T.)</li> <li>The staff associated with an operation theatre</li> </ul>
		<b>Practical:</b> Presentation of the views about the duties of staff of Operation Theatre in Hospital by preparing charts and flash cards.
	4.3 Preparation of patient for operation	<b>Session:</b> The role of GDA in the preoperative preparation of the patient.
	4.4 post-operative care	<b>Session:</b> Understanding about the care rendered by General Duty Assistant (GDA) in the post-operative phase.
<b>Activity:</b> Preparation diet chart for the patients of post-operative care.		
5. Role of General Duty Assistant in Disaster Management and Emergency response	5.1 Disaster management and emergency response	<b>Session:</b> Understanding about <ul style="list-style-type: none"> <li>Goals, cycle and phases of disaster management.</li> <li>National Disaster Management Act, 2005</li> </ul>
	5.2 Role and responsibility of emergency response team	<b>Activity:</b> Preparation of charts to explain about Role and Responsibilities of Emergency Response team during Disaster Management.
	5.3 Response team fighting fire	<b>Session:</b> Understanding about <ul style="list-style-type: none"> <li>The classification and causes of fire.</li> <li>Dealing with Fire Emergencies</li> <li>Methods and Techniques of Extinguishing Fire</li> <li>Prevention and Procedures</li> </ul>
<b>Practical:</b> Decoration board about Benefit of Drills in School in any emergency situation.		
6. Self-Management and Career Scope	6.1 Goal setting strategies	<b>Session:</b> Understanding about the steps of setting a goal and various learning approaches in higher education.
	6.2 Self-management	<b>Session:</b> Understanding about <ul style="list-style-type: none"> <li>Personal Development</li> <li>Self-management as an Employee</li> </ul>
	6.3 Time management	<b>Activity:</b> Preparation a time log book or to do list to maintain it and evaluate it at end of week.
	6.4 Critical thinking	<b>Activity:</b> Recollecting the problem that is faced and solving them in confidential way.
	6.5 Stress management	<b>Session:</b> Understanding about <ul style="list-style-type: none"> <li>Stressors</li> <li>Illness due to Stress</li> <li>Stress Management Skills</li> </ul>